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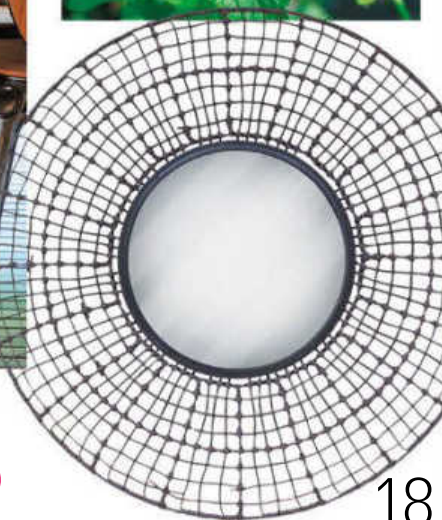
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Photograph Henrique Wilding

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– Lindiwe, Umgeni Park

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The new RUSTIC

idea of getting in touch with nature and enjoying a slower pace of life is very attractive. But with city-based careers and families, this isn't always an option, except on the odd weekend.

The answer is to incorporate the relaxed atmosphere that makes country style so appealing into your home. No longer twee, the new look of country is clean lined and blends rustic and industrial elements. Wood plays a big role, often combined with metal, shapes are bold, and patterns, although frequently nature inspired, are more dramatic.

The houses in this issue all feature aspects of this new incarnation of country. In the home of a young Jo'burg couple, ethnic artefacts combined with polycarbonate chairs dressed with animal print fabric have resulted in a look that's uniquely South African. I love the fact that it's comfortable and relaxing but also a bit edgy. The Thorntons' KZN Midlands home featured on page 30 is a good example of relating the interiors to the rural surroundings, but also including all the mod cons of the city. And while the Brooklyn apartment, decorated by designer Tanja Beyers in just a week, might, at first glance, appear pure city slicker, the inclusion of a leather trunk, a striking timber dining table and the raw wood coffee table forges a solid connection to nature. To see the results, turn to page 38.

The gardens this month also reflect the new look of country. On page 72 you can see how sculptural stone seats and a weathered wood pavilion have added modern touches to Wendy and Winston Floquet's Constantia garden. The influence of meadow gardens, made popular by Dutch landscaper Piet Oudolf, is visible in the Swarts' garden in Gauteng (featured on page 82) where landscape designer Grant Gove mixed grasses and perennials to create a natural looking garden that's also ideal for a young family.

While I've often considered filling in the swimming pool, I changed my mind after the recent pipe bursts that left many of us without water. The pool proved to be an excellent reservoir providing water for flushing toilets, cleaning floors and the odd cooling and cleansing dunk. I was fascinated to hear how Jane Griffiths turned her swimming pool into an eco-friendly pond that attracts wildlife, doesn't need chemicals and includes a dipping pool. Read how she did it on page 94.

Shary Jane



The stainless steel top of the Swedish Style Pastry Table in Ash, R20 143, from Milestone Kitchens, adds a mod finish to a traditional piece. milestonekitchens.co.za



New from Coricraft is the Sheba jug, R250, ideal for a freshly picked bunch of garden flowers. coricraft.co.za



A combination of flowers and grasses makes for a pretty, low-maintenance country garden. See more of this Gauteng property on page 82.



By doing some of the work himself, photographer Christoph Hoffmann updated his tired kitchen without breaking the bank. Find out how he did it on page 58.



Grasses, especially those with attractive seed heads, have become the must-have plants in both contemporary and meadow gardens. Read more about the wide variety available on page 86.

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FOND memories

I'm always excited to buy the latest *Garden and Home*, and read it cover to cover. Imagine my surprise when I opened your January issue and saw the article on Guernsey, which is where my daughter lives with her family.

It's a beautiful place to be, full of wonderful people. When my grandson passed away a few years ago, the community came together and gave my family amazing support.

I have experienced so much kindness on the island and can proudly say that I have many friends there. Thank you for this article that brought back so many memories.

Laureen Cook, via e-mail



Helpful hints

I so enjoyed reading the articles 'Gardening problems solved' and 'Walking wonders' in your January issue. We recently moved into a new home, and the advice in the first article really helped us establish our garden.

We also hiked in the Cape Point Nature Reserve which had majestic panoramas across False Bay. This photograph of *Syncarpha vestita* ('Cape snow') was taken on the contour path in the Fernkloof Reserve at Hermanus.

Sue Briggs, via e-mail



WRITE IN AND WIN

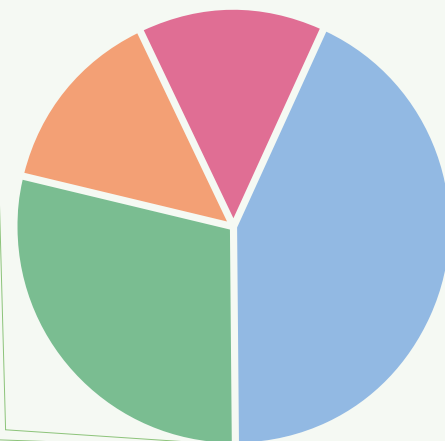
Laureen has won a Hand Painted by Carmel tablecloth, for an eight-seater table, valued at R1 175. The right table setting is just as important as the menu, so for a fresh new look, treat yourself to a set of unique hand-painted table linen designed by Carmel Stoch of Hand Painted By Carmel. It's made from coated 100% raw bull denim cotton, which is completely stain- and liquid-resistant so you can easily wipe it clean. Visit handpaintedbycarmel.com



WE ASKED ONLINE...

What's your favourite bedroom colour scheme?

- French: Romantic colours 14%
- Simplistic: The clean, all-white look 43%
- Modern: All shades of grey 29%
- Boho: The brighter the better 14%



If you've missed an issue, contact RNA to get a back copy of your favourite mag!

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facebook

Compact comfort

I love that you're focusing on smaller spaces. I'm a brand new homeowner, with a beautiful blank canvas to work with, and I get so excited when looking for inspiration in *Garden and Home*.

Joy Clarke Lottering, via Facebook

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AVANZA

Home FRONT

Our pick of this month's highlights, from things to do and buy, to the latest decor news and the best places to visit



Top Brass

Ideal for kitchen and dining spaces, the new Oceana Trio metal pendant, R7 168, from K. Light Import, is now available in an antique brass finish. Sleek and elegant, it's a great way to add a warm, burnished glow. klight.co.za



Floral Fantasy

Bring instant colour and personality into your home with the latest line of scatter cushions from Loads of Living. Adorned in floral and nature-inspired prints and filled with down for extra comfort, these scatters, from R549, are the perfect accompaniment to the home. loadsofliving.co.za



New LOOK

Cécile & Boyd's iconic Durban showroom has undergone a revamp, giving it a new contemporary personality while still retaining the classic style for which the company is so admired. Inspiration abounds in each room, so pop in for a sensory feast. From bold black and white brushstroke wallpaper to subway tile detailing, this is a masterclass in translating the trends. cecileandboyds.com

Local LUXURY

Contemporary Classics is the debut fabric collection by Philip Pikus. Combining cotton, linen and bamboo, the highly versatile range covers the neutral spectrum from taupe and bone to modern charcoals. From sheers to chunky weaves, it's both elegant and understated. philippikus.com



TEXT TESS PATERSON, CANDICE BOTHA AND CATHERINE ZACHARIOU
PHOTOGRAPHS ANDREA CALDWELL AND SUPPLIED



Indigo TONES

Blue and white is one of our favourite combinations, and the Moody Blues collection strikes the perfect note. From Shibori motifs to classical stripes, it's a wonderful mix of navy, indigo, duck egg and sand. Available from Hertex. hertex.co.za



Signature LOOK

Lorca's new Aradonis collection is a sumptuous range inspired by the decoration of the eastern Mediterranean. Damasks, floral trails and a tree of life design are depicted in gorgeous signature colours from fuchsia and lilac to apple and coral. See the range at Home Fabrics. hf.co.za



Kitchen Evolution

Easylife Kitchens has introduced its new range, Evolution. Developed over the past two years, Evolution introduces state-of-the-art designs based on European trends. Moving away from the standard carcass sizes for SA kitchens, the new designs boast numerous benefits such as a six-tier drawer system and increased cabinet depth. There's also a national pricing model throughout SA. easylifekitchens.co.za



Chic SHOP

Inspired Design, a brand new concept store, brings together key home decor suppliers and designers including Amber Bay, Rugs Original, House of Decor, Lightco, Italian Lifestyle and Plascon's Paint Expert. The stores offer a whole new retail experience from furniture like the Arie Dresser, from R17 699 (pictured above), to the services of an in-house interior design team. You'll find them in Parkhurst, Jo'burg and Umhlanga Rocks, Durban. Contact 087 351 3360 or e-mail sharad@inspiredesign.co.za



Designer's CHOICE

Carmit Bamberger, owner of Millers Antiques, loves the vintage selection of rugs from Paco. "They add subtlety and homeliness to the classic Persian design that perfectly fits my home's style." pacorugs.co.za ▷



TRADING SPACES

The Trading Company is an exciting new addition to Paarl's Spice Route estate. With a rustic farmhouse feel and exuberant palette, the store is filled with an eclectic mix of homeware, jewellery, furniture and stationery.

Many of the pieces are handcrafted limited editions, so it's the perfect place for that special gift. spiceroute.co.za



For Art's Sake

The new Loading Bay Gallery in Durban's up-and-coming Station Drive Precinct showcases artworks by some of the city's top artistic talent including Grace Kotze (*Johan*, pictured left), Nicole Pletts and Corne Eksteen. Pop in to browse or to find the perfect piece to adorn your walls. 15 Station Drive, Berea, Durban. For more information, find them on Facebook.



Vive la France

Christian Lacroix Maison's new uber-glam collection is a stylish nod to the French Revolution. Incroyables et Merveilleuses pays homage the bold and audacious style that emerged during the reign of Louis XVI. Prints and weaves reveal quirky, exotic imagery, while wallpapers include three dramatic panoramic panels. See the range at Home Fabrics. hf.co.za



This month – we're loving...

"Modern florals," says Cape contributing editor Catherine Zachariou. "Today's approach is over-the-top with layer upon layer of colourful, oversized motifs with a contemporary twist. I love the (1)

Aubusson needlepoint rug, R4 200/m², from Gonsenhausers Fine Rugs (finerugs.co.za) the (2) Digiflora April Shower Spice fabric, R686,28/m, from Hertex (hertex.co.za) and the (3) bath towel, R299, from H&M (hm.com/za)."



WHAT'S ON

5 MARCH Veuve Clicquot Masters Polo

Taking place at the Val de Vie Estate in Paarl, this year's theme is 'Let life surprise you'. The dress code is Polo Chic in bright and bold, and aficionados will enjoy a fashion show in partnership with D'Ore Fashion. Pavilion access is R950pp including lunch; and Veuve Clicquot Lounge VIP tickets are R4 000 including lunch. vcmasterspolo.co.za

12 – 13 MARCH The Wedding Expo

Brides-to-be won't want to miss this extensive gathering of specialists, from venues and photographers to stationery, cakes, and of course bridal gowns taking place at the Ticketpro Dome in Jo'burg. Look out for the Fashion Theatre, Make me a Bride makeovers, decor workshops and the Wedding Expo Cake Challenge. Tickets are R120pp. wedding-expo.co.za **GH**



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A delicate TOUCH

Durban botanical artist Sarah Kelly favours the subtlety of watercolours

What is your background? I've always loved art and used to colour in for hours as a child, so studying it was a given. I did graphic design and photography at Stellenbosch University, followed by an honours majoring in ceramics in Pietermaritzburg.

Have you always used watercolour? I used to work in oils and acrylics until I tried watercolours. They allow for such depth and variation in hue and tone; the paint almost speaks for itself.

What are your favourite subjects? They're usually nature inspired – plants, fish, birds and even seaweed. I live on a farm and am constantly stimulated by the beauty around me. My work isn't symbolic; I paint things because I find them appealing.




How would you describe your style?

It's not totally realistic. It's more my interpretation of what I see. I also like to produce sets of paintings that work together to make a statement which is further enhanced by framing them in simple white box frames, allowing the paintings to stand out.

You recently produced a range of cushions featuring some of your botanicals. What made you decide to go this route? As a student, I did some work experience at Hertex and worked on one of their blanket ranges, among other things. I really enjoyed the process and have always wanted to do something similar with my own art. I love the idea of people bringing the beauty of nature into their homes whether it's with paintings or a cushion.



Which other artists do you admire?

Matisse is undoubtedly my favourite artist, although his work couldn't be more different from mine! I love his bold colours and the vibrancy of the oils he worked in. My taste in art is eclectic and I'm not worried about what pieces represent – it's the aesthetic that appeals to me. 

SOURCE Sarah Kelly sarahkellyart.com



Mazda CX-5



The Mazda CX-5 is an SUV with the agility and performance of a sports car. This is revealed in the 2.2 litre diesel engine that produces 129kW power and 420Nm torque, the 2.5 litre petrol engine which delivers 141kW power and 256Nm torque and the 2.0 litre that delivers 121kW power and 210Nm torque. And thanks to SKYACTIV technology, this immense performance requires minimal fuel.

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High ceilings and large expanses of glass create a spacious, airy feel in this KZN family house

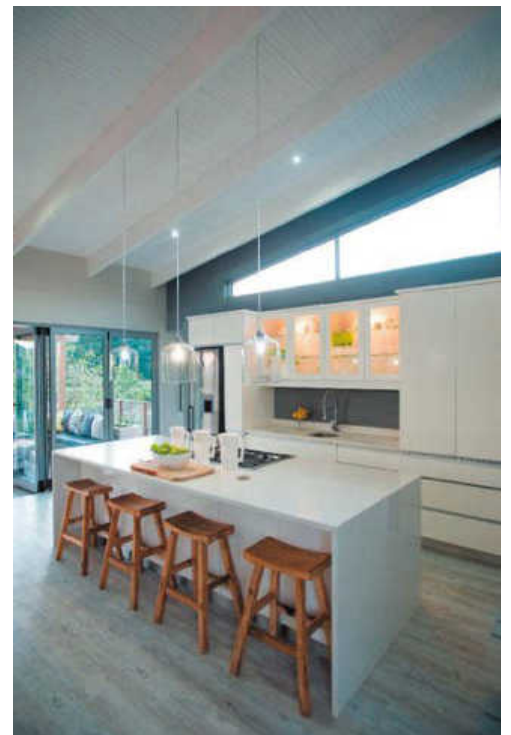
AT A GLANCE

THE ARCHITECT: Tracy Levinson of LevEco Architects (pictured).

THE CLIENTS: A married couple in their 30s with two children aged four and two.

THE BRIEF: A contemporary, open-plan home that blends in with the surroundings.

THE HOUSE: A three-bedroom home on Simbithi Eco-Estate with an open-plan kitchen, dining and living area, as well as a large covered patio.






ON THE WEB
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 and click on Architects'
 Plans to download
 the plan.



“We chose this site as it overlooks a dam, wasn’t too steep for the single-storey house we had in mind and is adjacent to a greenbelt where no one can build,” recall the owners. “The estate has an eco-friendly ethos, and it was important that our house form part of the landscape and not stand out. We wanted loads of glass to let light in, but also enough wall space for artwork and mirrors.” Other must-haves in their brief to architect Tracy Levinson of LevEco Architects were a hidden scullery, a welcoming entrance, outdoor living areas on both sides of the house and a putting green. “As the property sloped, we had to place the house and garage on different levels to avoid too much cut and fill. We extended the garden area at the front of the house and set the courtyard area at the back two metres below the driveway and garage level to separate it from the driveway and street front for privacy,” says Tracy. A mono-pitch roof introduces a modern aesthetic and creates the light and bright feel. The owners particularly like the exposed beams and the combination of sloped and flat roofs.

It was important that the house was designed to require minimal air-conditioning. “The trick is to keep the sun out of the house in summer but allow it to penetrate in winter,” explains Tracy. “The passive design uses a back courtyard to let in light and allow air to flow through the house, cooling it down. We also extended the eaves and added pergola features to ensure that the walls and expanses of glass are shaded in summer.”

To integrate the structure with the natural surrounds, Tracy clad sections of the exterior with stonework and timber and used decking extensively for walkways, steps and entertaining areas. 



SOURCES LevEco Architects leveco.co.za Simbithi Eco-Estate simbithi.co.za

Tribal VIBE

Combine ethnic designs and earthy textures with modern elements for a look that's ultra stylish



1. Paris natural stone **mosaic**, R259 per sheet, Italtile. 2. Agate queen **necklace** by Pichulik, R699, Superbalist.com 3. Hand block **kilims**, from R9 995, Weylandts. 4. Artisan **paper bowl**, R170, Woolworths. 5. Metal **mirror**, R1 495, Coricraft. 6. Tump **stool** with square top, R1 795, Weylandts. 7. Djidja **umbrella**, R450, Babatunde. 8. Shakira occasional **chair**, R4 995, Weylandts. 9. Vintage **water pots**, R995 each, SHF.

SOURCES Babatunde babatunde.co.za Coricraft coricraft.co.za Italtile italtile.co.za SHF shf.co.za Superbalist.com superbalist.com Weylandts weylandts.co.za Woolworths woolworths.co.za

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Vintage CHIC

To create a classic modern country kitchen, mix heirloom silver with on-trend copper pieces and offset them with interesting textures



Tolix chairs, Chair Crazy. Ceramic pot and metal fruit bowl, both Block & Chisel. Basket, L'Orangerie. Kettle, Le Creuset. Charcoal tablecloth, Biggie Best.

GET THE LOOK

Barbara Neisius, owner of antiques and collectables shop Brocante Society in Wynberg, Cape Town, has the following advice:

- Keep the overall effect simple, aiming for pared down with a hint of the past. It should look curated rather than cluttered.
- Group your heirloom pieces for impact. A collection of old and new jugs makes a lovely display as does a stack of wooden boards and tea towels.
- Include something fresh like a bunch of herbs in a silverware vessel.
- Stick to a colour palette. White cabinetry with grey and white marble and wood tones is always classic, and then bring in modern stainless steel, black industrial chairs and grey screeding to bring it up-to-date.
- You can never have enough white crockery. Choose interesting shapes and mix with antique copper and silverware.
- Browse regularly at your favourite decor and collectables shops to add to your collections.
- A country-style table always makes a strong statement and placing it on a screed floor gives it a contemporary feel. **GH**



A seagrass **wall art bowl**, R595, from Weylandts, adds an African touch.



Mix in some old-fashioned metallics like a pewter **jug**, R1 590, from L'Orangerie.



Bring warmth with a copper **bowl**, R149, from H&M.

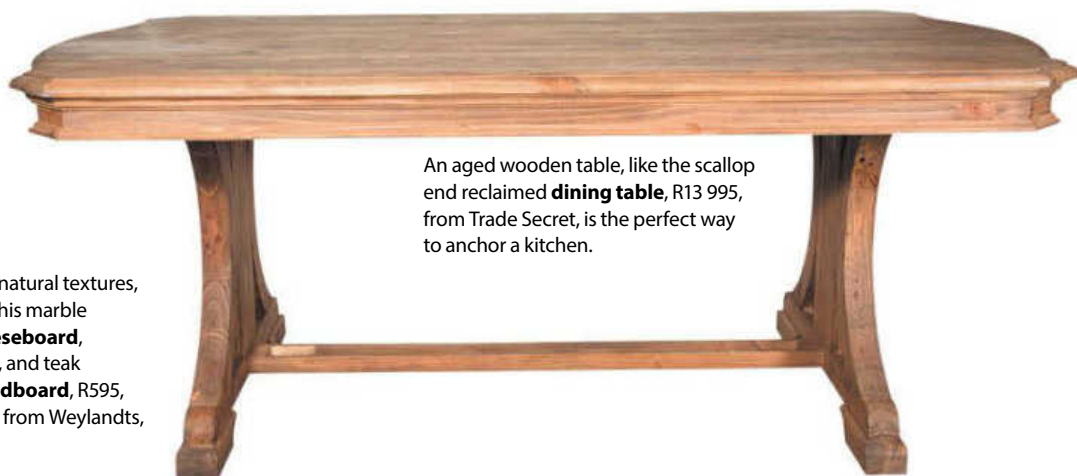


A white vintage **tureen**, R365, from Brocante Society, provides the perfect touch of old-world charm.

Treat yourself to a **butter dish** like this one, R490, from Le Creuset.



Add natural textures, like this marble **cheeseboard**, R195, and teak **breadboard**, R595, both from Weylandts,



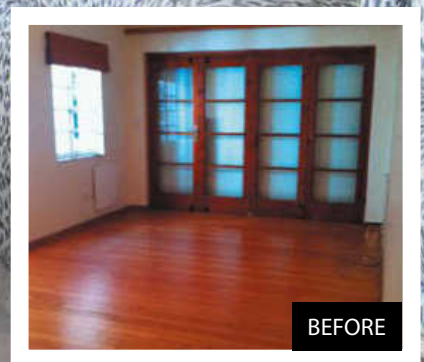
An aged wooden table, like the scallop end reclaimed **dining table**, R13 995, from Trade Secret, is the perfect way to anchor a kitchen.

SOURCES Biggie Best biggiebestwebshop.co.za Block & Chisel blockandchisel.co.za Brocante Society brocantesociety@gmail.com 021 797 2228 Chair Crazy chaircrazy.co.za H&M hm.com/za Le Creuset lecreuset.co.za L'Orangerie 021 761 8355 Trade Secret trade-secret.co.za Weylandts weylandts.co.za

Starting ANEW

This traditional house in an established suburb was updated with a combination of classic and contemporary furnishings

To create the Afro-chic feel in the **living room**, decorator Nicole Davis used a range of fabrics from George Baker and combined Bamileke stools with polycarbonate armchairs. An artwork from Cape Town's Galleria Gibello is flanked by two French-style mirrors. The rug is from Paco. ▷



BEFORE



Who lives here

A young professional couple, their one-year-old son and their two golden retrievers.

The house

A single-storey home in an old, established suburb of Jo'burg with three bedrooms, three bathrooms, spacious light-filled entertaining areas and an open-plan kitchen.



When house hunting in the northern suburbs of Jo'burg, this young professional couple were immediately attracted to the character of an established property and the potential it offered. However, with a one-year-old son and two energetic golden retrievers needing their attention, they felt they needed professional input to turn it into the family- and entertaining-friendly home they had in mind.

Fortunately, they met Nicole Davis of Nicole Davis Interiors through a mutual friend. "We started with what we call the 'man cave' – a cigar lounge perfect for watching sport and enjoying whisky," recalls Nicole. One of the challenges was the bay window, in which she placed a curved fitted couch that mirrors the shape of the window.

The owners were thrilled with the results and asked Nicole to assist them

with the rest of the house. "We gave her carte blanche to come up with interiors appropriate for the style of the house and for us," say the owners.

Working together, they embarked on a number of renovations. While some rooms only needed redecorating, others required more drastic changes.

A wall between the kitchen and dining area was removed to let in more natural light, and new fittings and cabinetry from Italy were installed. "We believe the kitchen really is the heart of our home. We're serious homebodies and spend many hours cooking and entertaining, so this layout works well for us," say the couple. A large custom-made dining table with upholstered chairs next to the kitchen comfortably seats a crowd and looks out onto the patio, large pool and garden area, which they plan to tackle next.

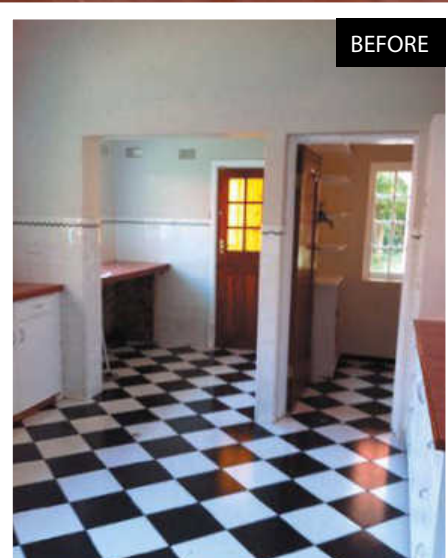
All three bathrooms were gutted and >

THIS PAGE, CLOCKWISE FROM LEFT:

- Making a statement in the **entrance hall** is zebra print Thibaut wallpaper from St Leger & Viney.
- The traditional **exterior** was updated with a coat of grey paint and fresh white trim.
- Nicole used a console table to separate the **living area** from the entrance hall.
- The centrepiece in the **dining room** was created with a collection of vases from La Grange Interiors.



Anchoring the **dining room** is a custom-made dining table. The chairs, upholstered in Nubuck from George Baker, were made by Petite Designs and the lighting was custom designed. One of Nelson Makamo's works hangs on the wall.



a combination of marble and metro tiles installed. Sleek silver fittings complement the classic look. The skylight, an existing feature in the main bathroom, adds a sense of space and brings in more light. Nicole used mirror and glass to reflect the natural light and also add a touch of glamour.

When it came to the decor, the owners wanted a warm, welcoming home that was also practical for children and pets. With this in mind, Nicole chose easy-to-clean fabrics, short-pile rugs and furniture with rounded edges. She started with a neutral palette of greys and creams and introduced different textures and duck-egg blues to give a fresh contemporary feel. Excitement comes from the combination of contrasting furnishings such as upholstered sofas and rustic African elements. "I love how the pairing of unlikely elements makes each

room all the more beautiful. It creates a visual contrast and adds character," says Nicole.

To give the main bedroom a cosy, intimate atmosphere, Nicole padded the wall behind the bed and introduced an oversized, upholstered headboard. "I wanted the room to be a relaxing place to lounge in at the end of the day, so I used a lot of different textures." She also included a large deep-buttoned chair and ottoman and a standing lamp, making it an ideal reading spot.

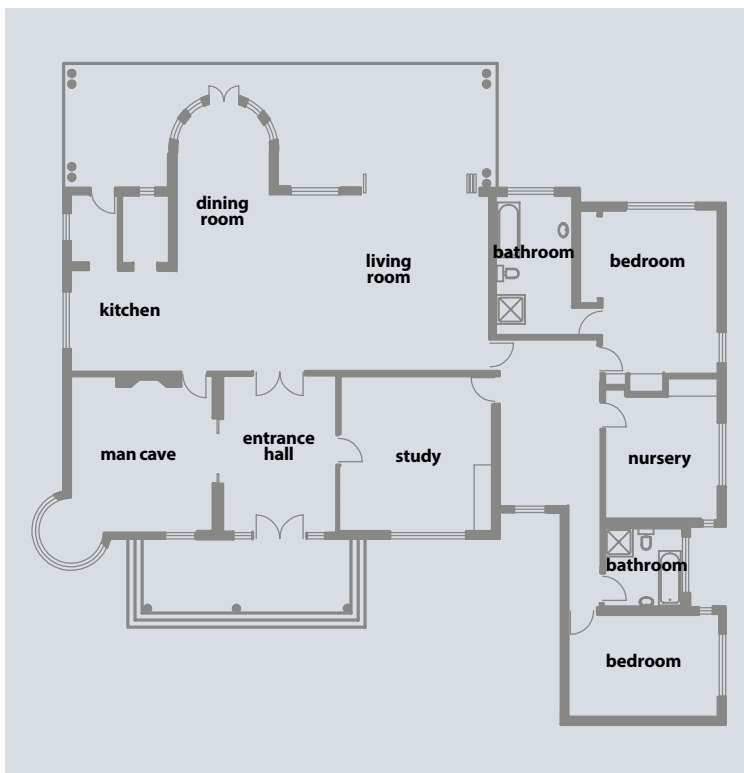
Next door is the nursery, comfortably furnished with neutral colours, modern white furniture and subtly patterned wallpaper. "This scheme can easily be updated as their son grows up," adds Nicole.

A number of original artworks by Nelson Makamo add to the appeal of the home. These hang in the entrance ►

THIS PAGE, LEFT TO RIGHT: ● In the 'man cave', Nicole created an accent wall with Big Croco wallpaper from Élitis. The couch was custom made and installed by Petite Designs and upholstered in Loft Linen Grey from George Baker. ● The owners demolished the wall between the **kitchen** and dining room to give themselves plenty of space for entertaining.



THIS PAGE, CLOCKWISE FROM TOP LEFT: ● White metro tiles complement a rustic mirror and distressed occasional table in the **guest bathroom**. ● The deep-buttoned chair in the **bedroom** was upholstered by Petite Designs in a luxurious Warwick fabric. ● A skylight floods the main **bathroom** with light. The vanity was made specially for the room.





Get the look
Get this classic yet contemporary country feel in your living room



Genoa salvaged wood mirror, R5 995, SHF.



Rudy scatter, R280, Linen House.



Balance floor lamp, R3 995, Weylandts.

Animal print fabric, R415/m, INCdecor.



Phethon two-seater sofa, from R5 995, Sofaworx.



hall, 'man cave' and dining room. "We were introduced to him at his studio, loved his work and immediately purchased a few pieces," recall the owners, who are planning to grow their art collection. "Art really adds a finishing touch to a room, particularly if it means something to you," says Nicole. **CEH**

ABOVE: A wall padded with Dolce fabric from St Leger & Viney and an upholstered bed make the **bedroom** ideal for cocooning. Bedside tables were made by Ryan Christie Custom Furniture and the bedside lamps are from Block & Chisel.



White pottery stool, barrel design, R1 595, Weylandts.



Xhosa gourd basket, R1 300, Design Afrika.



Oak pedestal occasional table, R4 250, Trade Secret.

SOURCES Block & Chisel blockandchisel.co.za Design Afrika designafrika.co.za Élitis stleger.co.za Galleria Gibello galleriagibello.com George Baker georgebaker.co.za INCdecor incdecor.com La Grange Interiors lagrangeinteriors.co.za Linen House linenhouse.co.za Nelson Makamo nmakamo@gmail.com Nicole Davis Interiors ndinteriors.co.za Paco pacorugs.co.za Petite Designs petitedesign.co.za Ryan Christie Custom Furniture ryanchristiefurniture.co.za SHF shf.co.za Sofaworx sofaworx.co.za St Leger & Viney stleger.co.za Trade Secret trade-secret.co.za Weylandts weylandts.co.za

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Below: Heritage Mix



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MIDLANDS WEEKENDER

A rural IDYLL

Contemporary family living
in the KZN Midlands

The 12-seater dining table on the **patio** is ideal for large gatherings. The combination of galvanised steel and wood on the chairs from Robert Thomson is a nod to contemporary country style.



A **veranda** off the main bedroom is a restful spot for taking in the views. The cushions are from Inside Out Home Boutique. ►

In the **living room**, comfortable sofas from Block & Chisel are paired with occasional chairs from Cécile & Boyd. Shelves from Weylandts display special items. The sleeper wood light fittings were in the house when the Thorntons bought it.





Who lives here

Durbanites Alan and Cindy Thornton and their children, Sarah, 18, and Mitchell, 15, spend weekends and holidays here.

The house

A four-bedroomed home on an estate near Hilton in the KZN Midlands with an open-plan living area, covered patio, TV lounge, scullery and separate guest suite.

“It was the view that really sold us on this house,” recalls Cindy Thornton of the home she and her husband Alan bought near Hilton. “It’s located at the edge of the estate and we can’t get enough of the trees surrounding it. We love the Midlands and when our son Mitchell started school nearby, we decided it was the perfect time to buy a weekend home here.”

The house needed a few updates, so they enlisted the services of the original builder, Tom Eastwick of Eastwick Brothers, and architect, Andrew Fraser. “We decided to enclose the patio with frameless glass doors allowing us to keep the indoor-outdoor feel, and gain an extra living space,” they say. They also called on Bruce Fyfe and Kelsey Boyce of Fyfe Boyce Design to create country-inspired, cosy interiors. “We wanted guests to feel welcome in our home, and comfortable enough to put their feet up,” says Cindy.

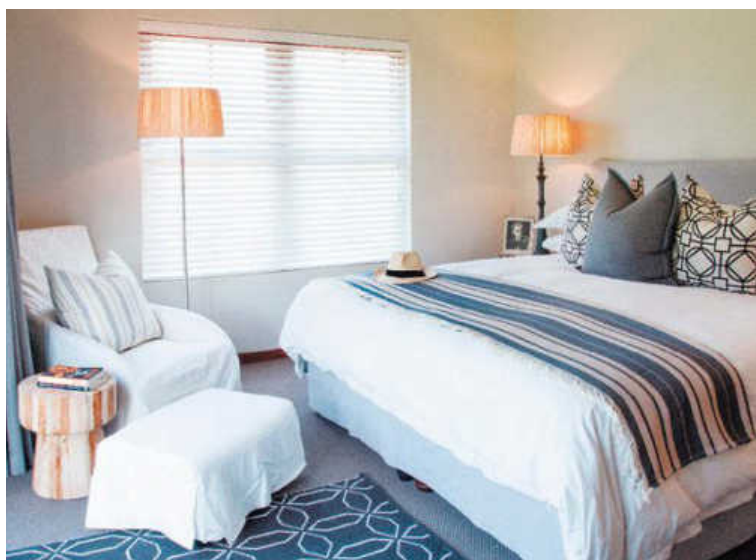
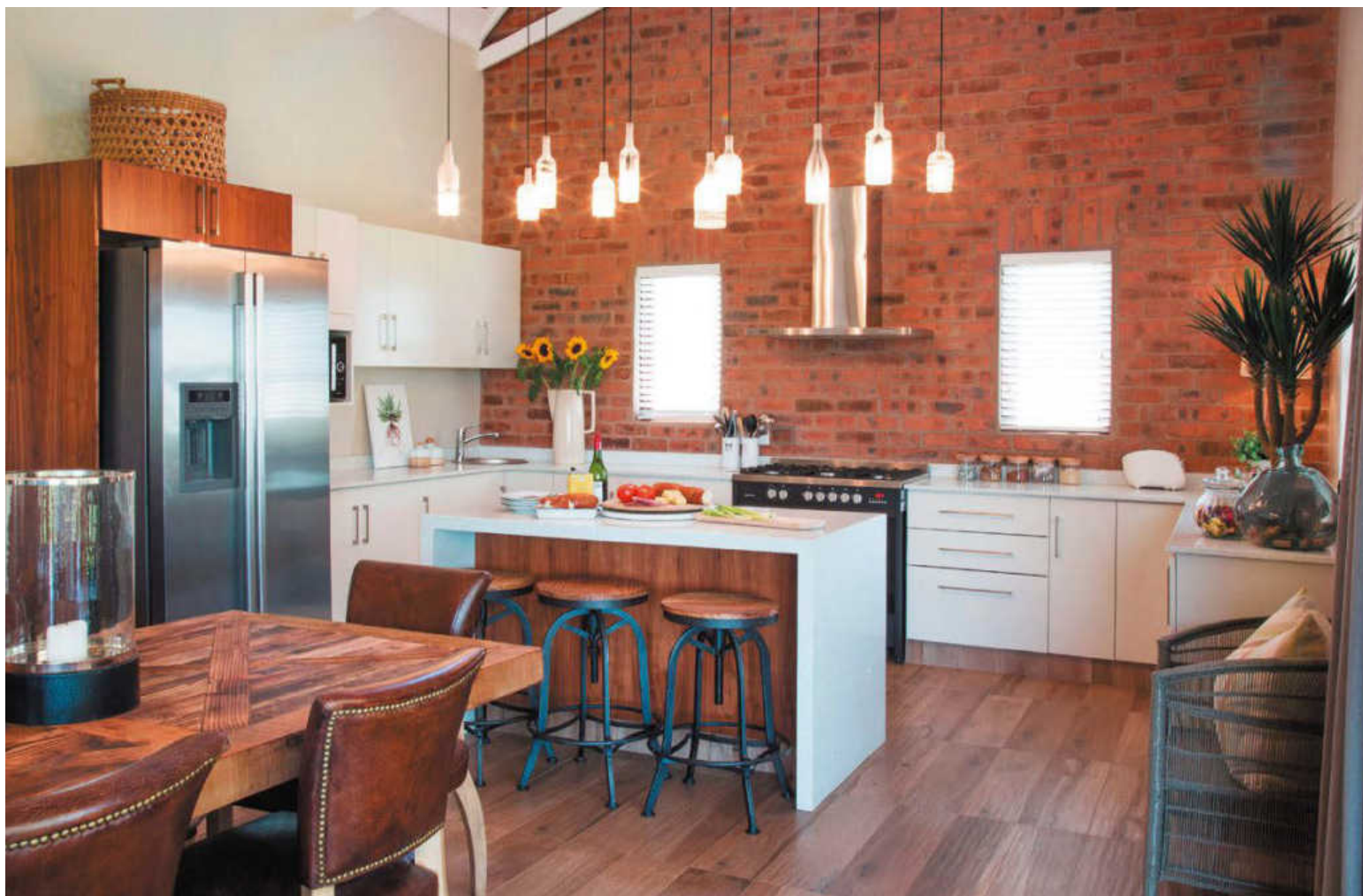
“It’s important that a house feels like a home, so the first thing



THIS PAGE, TOP TO BOTTOM: ● The **exterior** blends in with its surrounds. The garden was landscaped with the low-maintenance needs of a holiday home in mind. ● The **patio** was enclosed with frameless glass doors to provide an extra living area without losing the view. The sofas are from Block & Chisel, the chairs from Cécile & Boyd and cushions from Inside Out Home Boutique.



"People can't help but run their hands over the **dining room** table," says Cindy. "I love it because marks and scratches just add to its appeal." The dining table is from Fyfe Boyce Designs.



we consider is the family's lifestyle," say Bruce and Kelsey. "Sarah and Mitchell often have friends over and Cindy and Alan also love to entertain, so practical finishes and plenty of space for guests to relax was essential." The couches have washable slipcovers and the wood-look ceramic floor tiles are exceptionally durable. Underfloor heating keeps the house warm in winter.

"Furnishing the patio like any other room rather than with outdoor furniture has made the world of difference to how we live here," says Cindy. "It doubled the living area and the glass enclosure makes it like a sunroom on cooler days." Two long ▷

THIS PAGE, CLOCKWISE FROM TOP: ● The **kitchen** blends country chic with modern design. The exposed brick wall emphasises the contemporary cabinetry. The stools are from Block & Chisel.

● The **bathroom** wall is clad in the same ceramic tiles from Select A Tile as the floors in the living areas. Durable and waterproof, they're a low-maintenance alternative to wood. ● In the **main bedroom**, the armchair from Weylandts is perfect for unwinding with a book.



ABOVE: The outdoor **shower** extends off the main en suite bathroom. Decking is a practical finish as it allows the water to drain away quickly.

tables allow for large-scale entertaining and the open-plan design ensures that the kitchen is the heart of the home.

The existing exposed brick walls and railway-sleeper light fixtures inspired the decor, and Bruce and Kelsey incorporated natural textures like wicker and leather as well as Nguni motifs and indigenous botanicals to relate to the KZN setting. As Cindy loves colour, it was used all over. On the patio, touches of pink brighten the area while the subtle green and rust palette in the living room was inspired by the foliage outside. In the main bedroom, a black and white scheme is a nod to their son's school colours.

"This house is just what I've always wanted," says Cindy. "An inviting country retreat that feels warm and welcoming even on the coldest day." **GH**



Industrial pipe **pendant**, R3 995, SHF.

Get the look

Natural textures like raw wood and leather give this space a contemporary country feel

Vase, R890, Patina Interiors.



White metal **mirror**, R6 495, Weylandts.



Kenna **console**, R11 995, Block & Chisel.



Cabon **dining table**, R39 800, La Grange Interiors.

Kritsa Zambezi **dining chair**, from R2 295, Coricraft.



India **bowl**, from R395, Coricraft.

SOURCES Andrew Fraser Architect 083 654 2980 **Block & Chisel** blockandchisel.co.za **Cécile & Boyd** cecileandboyds.com **Coricraft** coricraft.co.za **Eastwick Brothers** saraeastwick@telkomsa.net **Fyfe Boyce Design** fyfeboyce.co.za **Inside Out Home Boutique** insideouthb.co.za **La Grange Interiors** lagrangeinteriors.co.za **Patina Interiors** patinainteriors.wordpress.com **Robert Thomson** robert-thomson.com **Select A Tile** 031 705 1603 **SHF** shf.co.za **Weylandts** weylandts.co.za

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EXPRESS *delivery*

This stylish apartment was decorated
from top to bottom in just one week



The wallpaper, Alpaca in Granite from Hertex, adds texture while the striking mirror from SHF makes an effective focal point in the **living room**.

A comfortable outdoor sofa and individual chairs from Mobelli furnish the covered **patio**.
A textured outdoor rug, also from Mobelli, completes the look. ▷



The statement light fittings above the chunky **dining room** table are from SHF. All the internal shutters are from American Shutters and provide trendy, fuss-free window treatments.





When businessman and frequent traveller Marc Armstrong bought a Brooklyn, Pretoria apartment for his South African base, he asked his friend and colleague, interior designer Tanja Beyers of Profurn Contracts, to decorate it. The catch was that she had one week in which to do everything from design to installation.

"Marc and I have worked together over the past 12 years on projects both here and overseas, so I know his taste and his clear, concise brief definitely helped," says Tanja. Fortunately the apartment, which consists of a large open-plan living, dining and kitchen area leading onto a covered patio, didn't need any structural changes. "However, we had to decorate it from top to bottom," explains Tanja. "I drew up a floor plan so I knew what would fit in terms of size but I basically designed it on the go."

She brought a painter in on day one and

chose wallpapers that were in stock and readily available. The large items such as the sofa, TV and drinks units and beds were bought directly off the floor, and the workshops Tanja deals with regularly pulled out all the stops to literally make up soft furnishings overnight.

The resulting scheme is elegant and comfortable, yet uncluttered. The large modular sofa in the living room complements the masculine look and a vintage-style leather trunk acts as a coffee table as well as providing storage space. "I kept the colour scheme neutral, which won't date as quickly as bright colours," says Tanja.

To house Marc's collection of South African wine, Tanja introduced a large unit, now the focal point of the dining area. The wooden dining table is accompanied by upholstered, rattan-backed dining chairs. Adding ambience are striking light fittings fitted with a dimmer. ▸

Who lives here

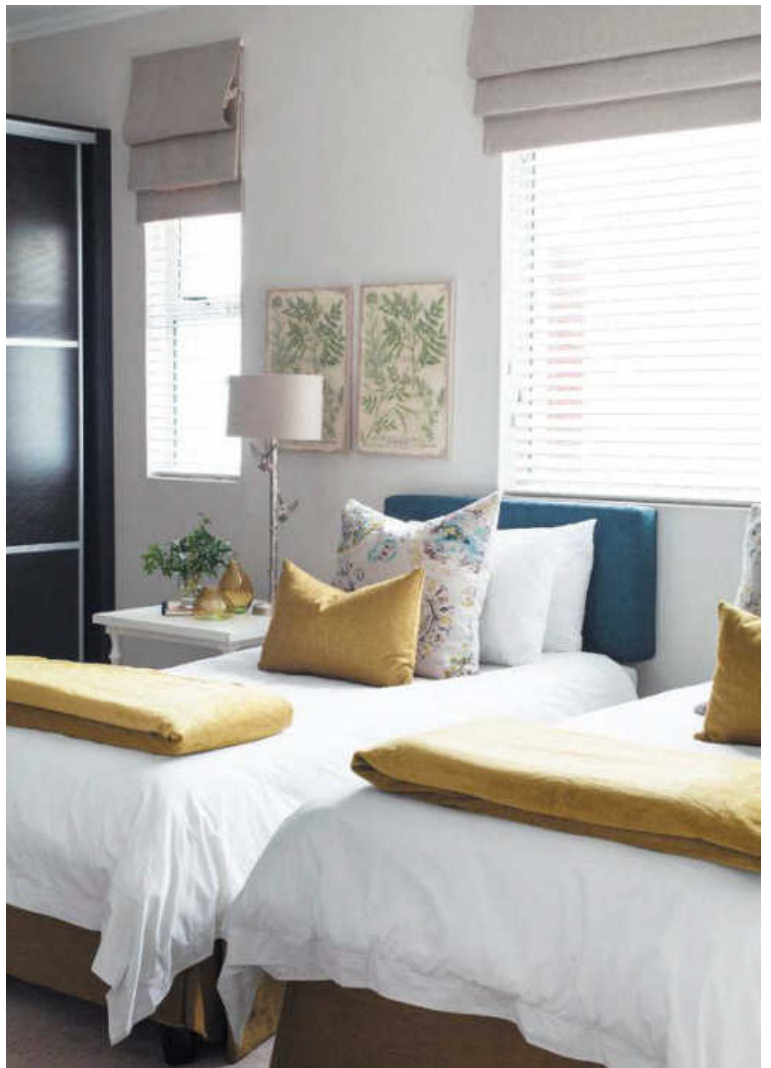
Marc Armstrong, a businessman who travels frequently.

The house

A 238m² two-bedroom apartment in a secure development in the heart of Pretoria.

THIS PAGE, FROM LEFT TO RIGHT:

● A large raw timber unit from SHF houses wines and glasses. ● Tanja added bar stools from Block & Chisel and large artwork to the existing modern kitchen.



THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Tanja kept accessories in the **second bedroom** fresh and simple. ● Headboards and scatters were made up by ANI. ● In the **main bedroom**, a stylish console table from Block & Chisel sits below a carved raw wood mirror from The Gatehouse.





Get the look

Get this relaxed, neutral look for your patio

Velvet **scatter**, R199, Woolworths.



Trays in natural leather, from R1 295, La Grange Interiors.



Salsa dining **armchair** in safari brown, R3 899, Mobelli.



Natural stripe **scatter**, R595, SHF.



Runo **coffee table**, R8 995, Weylandts.



Zimbali two-division **couch**, from R16 995, SHF.

The main bedroom features rich accents of charcoal in the upholstered headboard, lampshades and wallpaper. Tanja chose security shutters instead of curtains as they have a more streamlined look. The second bedroom is predominantly white complemented with touches of chartreuse.

"We managed to get everything he needed right down to the coffee machine and toiletries," says Tanja. "Although the deadline was a challenge, it turned out to be a really exciting project." **GEH**

ABOVE: Scatter cushions from Mavromac add a soft touch to the **bedroom**. The wallpaper is from Hertex.

SOURCES American Shutters americanshutters.co.za ANI ani.co.za Block & Chisel blockandchisel.co.za Hertex hertex.co.za La Grange Interiors lagrangeinteriors.co.za Mavromac mavromac.co.za Mobelli mobelli.co.za Profurn Contracts tanja@beyers.me SHF shf.co.za The Gatehouse thegatehouse.co.za Weylandts weylandts.co.za Woolworths woolworths.co.za

A little bit COUNTRY

Country style has thrown off its frills and fussy details and taken on a sleeker, more contemporary look, but hasn't lost its comfort and charm

1. *Keep it simple*

"Be careful not to overdo the rustic elements when creating a modern country look," advises interior decorator Evi Elsner of Home Concept. "Simple is best. In this kitchen, the whitewashed brick wall and wooden dining room furniture form the ideal backdrop for a few black accents in the form of a wire pendant, table lamp and star ornament." Dining room table from Now and Then Vintage, wire pendant from Weylandts.

2. Good wood

"Timber plays an essential role in the new look of country style," says designer Pim Verdoorn of Leon at CCXIX in Cape Town.

"However, too much raw wood can look dull, so for this living and dining setting I chose pieces that have painted sections, such as the coffee table and a dining table with a dark-stained surface. Texture is another important element, especially if you have a neutral colour scheme. It adds interest and a comfortable tactile quality." All furnishings from Leon at CCXIX. ▷





3

3. Kitchen cool

Although the cabinetry and chandelier in this kitchen are quite traditional, the screed floor and up-to-date appliances give it a contemporary edge. "I love the relaxed country look. The stainless steel elements and polished Rhodesian Rosewood worktop are functional, but still add that urban feel," says decorator Lyrene Zimmerman of The Furniture Guild. Cabinetry by The Furniture Guild.



4

4. True blue

"It's the combination of old and new in this powder room that makes it interesting," says Lyrene Zimmerman of The Furniture Guild. "The floating concrete vanity and shelf bring in the industrial elements and the leopard print wallpaper a touch of glam, but it's the framed mirror, the pictures, the collection of ceramic rabbits and the rustic basket that make the overall effect modern country."

Wallpaper in Duck Egg, paint in Ocean Blues, both from INCdecor.

5. Bedtime story

"A good way to update country style is to contrast neutral furnishings with deep rich walls," says decor stylist Jo Trappitt. "In this bedroom, the curves of the headboard, the textured quilt and the buttoned ottoman epitomise the country look. They'd look lovely even against a plain wall, but the dark brown panelled-effect wallpaper brings them into focus, making even the soft floral cushions look up-to-date."

All furniture and furnishings from Block & Chisel. **GEH**



5

SOURCES Block & Chisel blockandchisel.co.za Home Concept home-concept.cc INCdecor incdecor.com Leon at CCXIX leonat219.com Now and Then Vintage 083 660 6535 The Furniture Guild furnitureguild.co.za Weylandts weylandts.co.za

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Clifton 20th-century
pendant, R495, SHF.



Pleated **scatter**, R250,
Woolworths.



Architectural **table lamp** in
raw grey wash, R3 900,
La Grange Interiors.

Volare **crockery**,
from R150 per piece,
Woolworths.



MODERN RUSTIC

Country-style furniture and
accessories with a modern twist

Round Mocca **dining table**, R22 900,
La Grange Interiors.



Wooden classic **clock**,
R179, Rochester.



Gobi damask **rug**, R6 800/m²,
Gonsenhausers Fine Rugs.



Half-moon iron **chair**,
R850, Vintage Vista.



Glass **cookie jar**, R69,99,
Mr Price Home. **GMH**



SOURCES Gonsenhausers Fine Rugs finerugs.co.za La Grange Interiors lagrangeinteriors.co.za Mr Price Home mrphome.co.za
Rochester rochester.co.za SHF shf.co.za Vintage Vista vintagevista.co.za Woolworths woolworths.co.za

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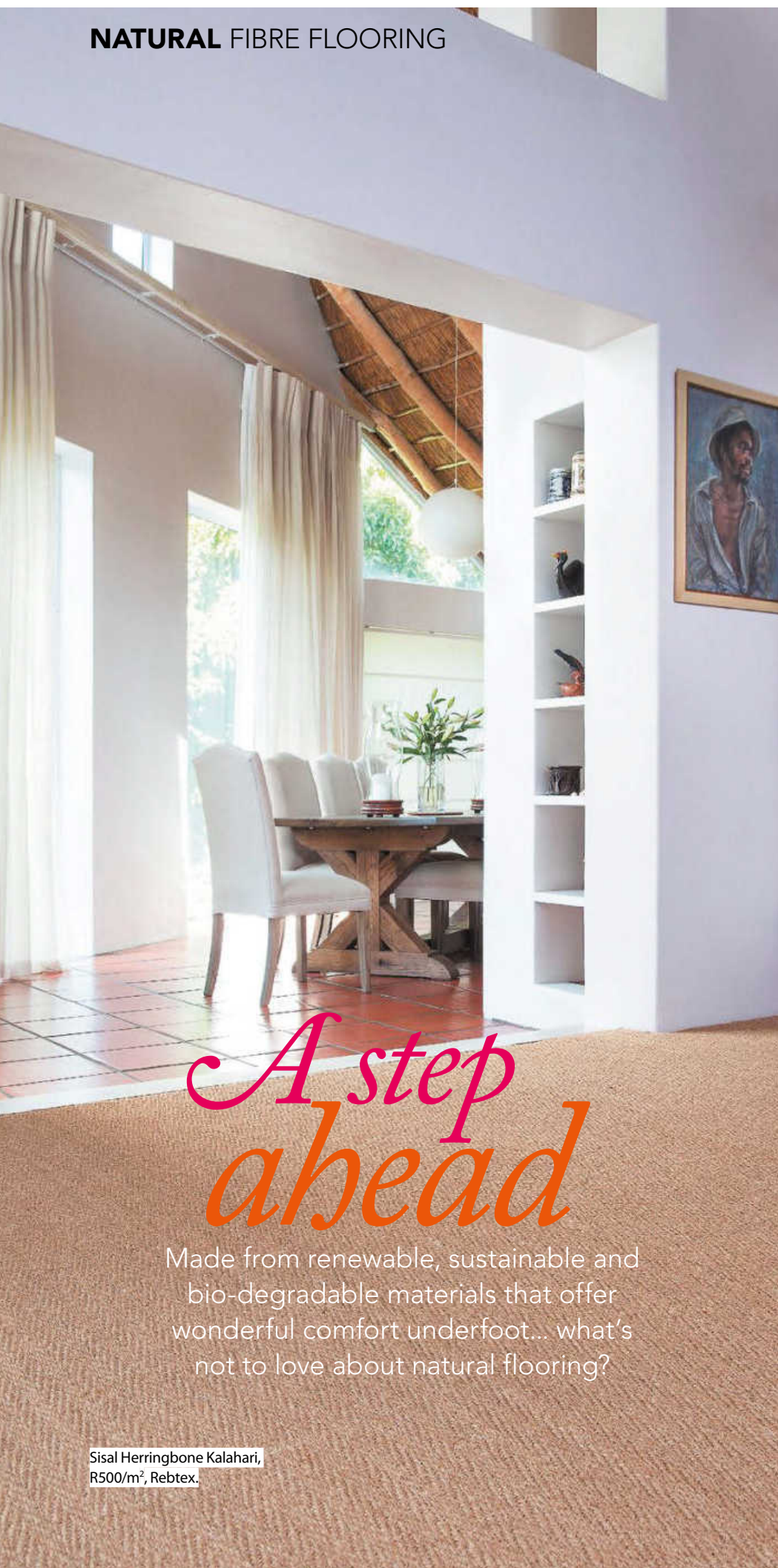
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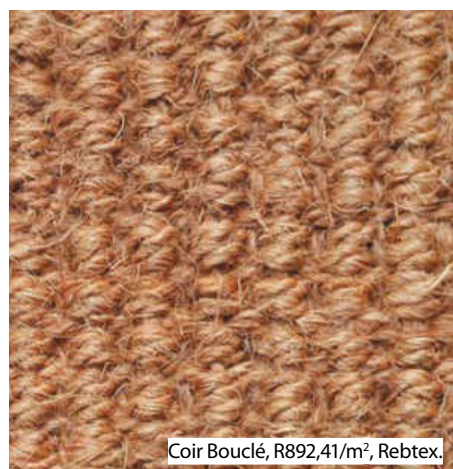
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R500/m², Rebtex.



Coir Bouclé, R892,41/m², Rebtex.

COIR

To make coir flooring, coconut husks are soaked in water for a couple of months, then the softened raw fibres are beaten, washed and dried before being hand-spun into a strong, elastic yarn. The process results in uneven yarns that give coir its characteristic rustic appeal.

APPLICATION

Coir can be installed throughout the home and it's hard-wearing, making it especially suited to stairways, passages and other high-traffic areas.

PROS & CONS

Resistant to mould, moisture and rot, it also offers excellent sound insulation. It's hygroscopic, which means it absorbs moisture from the air which helps to maintain a low humidity. Coir is therefore warm underfoot in winter and pleasantly cool in summer. As it has similar properties to timber, coir will expand and contract depending on fluctuations in humidity, so this must be taken into account when laying. Coir is not suitable for outdoors and frequent exposure to sunlight will weaken the fibres. Its coarse feel makes it uncomfortable to sit on for long periods.

MAINTENANCE

Coir requires regular vacuuming, and a dry carpet powder can be applied. As with any other natural fibre flooring, if laid without an underlay, coir will give off loose fibres which need to be swept out regularly. In the event of a spill, treat the affected area with soda water and blot with a clean white cloth. Alternatively, you can use a soft bristle brush to scrub the area using a little dishwashing liquid dissolved in water.



Hemp Bouclé Silver,
R528/m², Coirtex.



Bouclé weave jute rug with acrylic
border, R600/m², Rebtex.



Storm Cloud wall-to-wall sisal
carpeting, R477,38/m², Top Carpets.

HEMP

Hemp is made from the Cannabis plant, specifically the fibres from the outer stalk which can grow to heights of up to 4m.

APPLICATION

One of the stronger natural fibres, hemp is a durable flooring option that enhances virtually every space in the home with its rich lustre.

PROS & CONS

Hemp fibre is non-porous and this is its main advantage, as it naturally repels liquids and makes stains easier to treat. It's also mould and mildew resistant. The rough, scratchy quality of hemp means it is uncomfortable to sit or lie on.

MAINTENANCE

Like other types of natural flooring, hemp should be maintained with regular vacuuming. Blot excess liquid from spills with a moist cloth. Don't rub, but rather dab stains with a cloth moistened with soda water or a mild soap solution.

JUTE

Jute, made from the shiny fibrous inner part of the tropical Corchorus plant grown mainly in Bangladesh and India, boasts exceptional environmentally friendly credentials. It grows in rapid cycles of between four and six months, provides huge amounts of the cellulose fibres and is 100% biodegradable.

APPLICATION

Jute performs best in medium-traffic rather than high-traffic areas, where frequent cleaning will wear it down. Also, it's not suitable for bathrooms and kitchens as its durability and strength deteriorate in humid conditions.

PROS & CONS

In addition to being tough, jute is colour- and light-fast so it won't easily fade under strong light conditions. It can be woven into a variety of patterns such as herringbone and basket weave, all offering a bright, silky sheen. Underfoot, it's one of the softer natural flooring options. Another standout property is that due to its structure and natural oils, jute is fire resistant. Jute fibres are short and fine and have a natural tendency to 'sprout' or pop out of carpets and rugs. Some think this adds to its unique natural character while others consider this to be a drawback. It can be susceptible to mould and mildew.

MAINTENANCE

Clean a jute carpet or rug by vacuuming in several directions to remove dirt and dust from its weave. Treat spills by blotting up rather than by rubbing. A dry powder can also be used, and take care not to get it wet. A quality underlay will prolong its life.

SISAL

Sisal is a thick, robust fibre produced from the leaves of *Agave sisalana*, a member of

the cactus family. It's grown using minimal pesticides and herbicides and can be harvested as early as two years after planting, making it a sustainable, eco-friendly flooring option.

APPLICATION

As it's one of the toughest natural plant fibres, sisal results in extremely strong, hard-wearing carpets that perform well in high-traffic areas and its antistatic properties make it ideal for rooms that house computers such as home offices.

PROS & CONS

Sisal contains natural tannins that discourage the presence of dust mites. In addition, its antistatic nature means it's less likely to attract dirt, so it's a good choice for those prone to allergies and asthma. With a dense natural structure, sisal is an excellent sound absorber and resists compression marks from furniture. Sisal and wool blends are becoming increasingly popular and with the use of an underlay, they offer a softer feel underfoot.

MAINTENANCE

Vacuum sisal carpets and rugs twice a week. Blot up the excess from spills immediately and then splash with a little soda water because sisal will shrink if saturated. Blot again with a clean, dry cloth. Do not leave to dry in direct sunlight. You can also use a dry powder option. ▷



Beijing custom-made seagrass rug with acrylic binding, POR, Brightfields Natural Trading Company.

SEAGRASS

Seagrass grows in shallow, sheltered coastal waters. Once it has been harvested and dried, it's spun into yarns for weaving. While the fibre's imperviousness makes it difficult to dye, it has natural colour inconsistencies that result in carpets and rugs with unusual variations in shades. Seagrass is available as carpeting in a variety of patterns as well as rugs made by sewing together decorative square tiles.

APPLICATION

A highly durable floor covering, seagrass performs well everywhere in the home. Frequent wear will polish its naturally smooth surface further, so it's not recommended for use on stairs. Seagrass rugs are a practical addition to covered outdoor areas such as patios and verandas as dust and dirt can be swept from them easily and they can be washed.

PROS & CONS

Of all the natural flooring products, seagrass offers the highest resistance to stains because of its virtually non-porous character. It's also resistant to mould and dirt build-up and its hypoallergenic properties make it an ideal flooring solution for homes with allergy sufferers.

MAINTENANCE

Seagrass carpets can be vacuumed and rugs can be washed, rinsed and left to dry. Spills generally pool, leaving you time to mop up with a cloth before staining occurs.



Madison Square wool carpeting, R694,26/m², Nouwens.

WOOL

Essentially a protein called keratin, wool, a renewable source, can grow to a length of 38cm depending on the type of sheep. It undergoes a process of cleaning and scouring before being straightened and spun into a resilient yarn that is ideal for weaving.

APPLICATION

Wool carpets work for any room where a soft, luxurious feel underfoot is desired. With its ability to retain its shape, a woollen carpet ages gracefully.

PROS & CONS


Wool offers superior sound absorption and insulation. While warm in winter, its ability to moderate temperature makes the surface of wool pleasantly cooler in the summer months. The fibre is naturally fire repellant and its high moisture content acts



Rustique wool carpeting, R570/m², Nouwens.

as a natural humidifier. Wool is naturally stain resistant and its elasticity allows it to retain its structure under heavy foot traffic and the weight of furniture. Available in a variety of tufted and woven designs, it takes to dyes easily with excellent colour fastness. While wool offers many advantages, it's the most costly of the natural flooring options.

MAINTENANCE

Carpets in frequently used areas should be vacuumed daily to remove dirt and dust. From time to time, have them cleaned by a recognised carpet cleaner. Treat spills quickly by blotting liquids with white paper towels or cloths. Most marks can be lifted with lukewarm water in which a dash of white spirit vinegar has been dissolved. In the case of spot removers, only use recommended products and follow the instructions carefully. Do not saturate the carpet and always work inwards from the edge to prevent the stain from spreading. 

SOURCES Brightfields Natural Trading

Company brightfields.co.za **Coirtex** coirtex.co.za **Nouwens** nouwenscarpets.co.za **Rebtex** rebtexrsa.com **Top Carpets** topcarpets.co.za



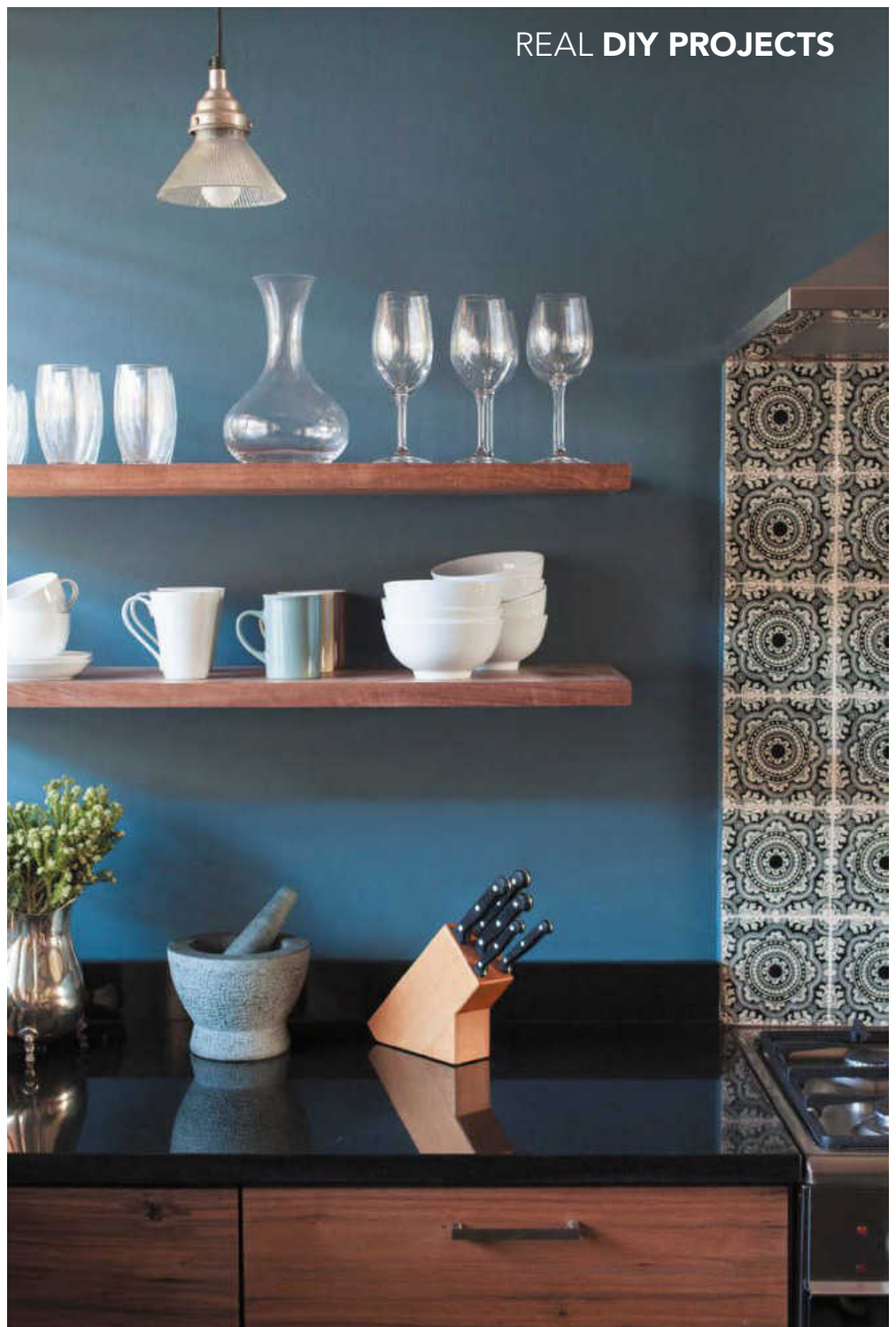
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We did it **OURSELVES!**

By doing some of the work themselves and leaving the rest to the professionals, these savvy homeowners refreshed tired rooms without breaking the bank



Modern talking

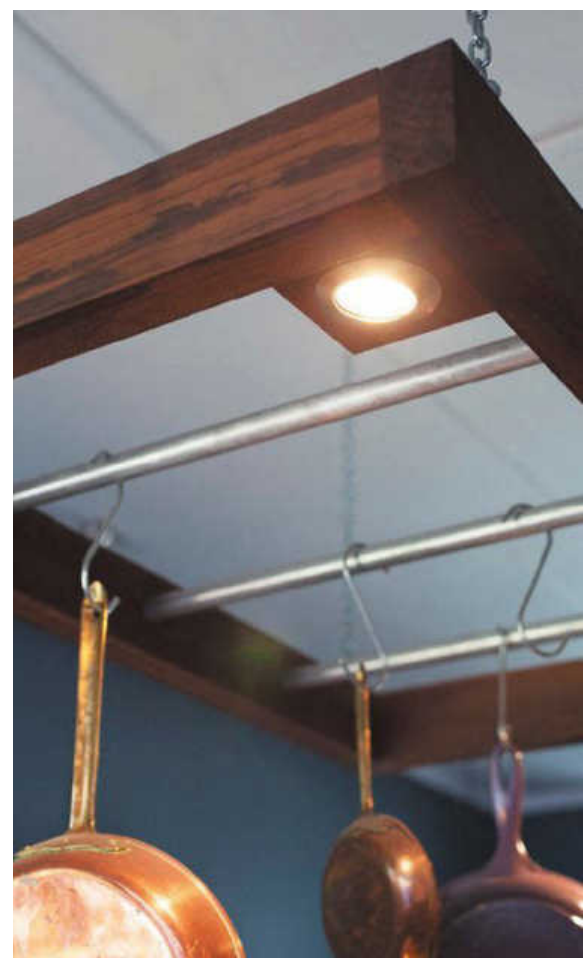
“Our kitchen was easy to work in and had an efficient, practical layout, but my wife Claire and I were tired of its 1980s cream tiles and laminated countertops,” says Jo’burg photographer Christoph Hoffmann. As Christoph spends most of his days snapping pictures of beautiful homes, he’s regularly exposed to great design ideas. Being a fairly accomplished

DIYer, he decided to tackle most of the renovation himself.

To cut costs, Christoph drew up his own plans for the kitchen. “I also tackled the simple plumbing and wiring changes and did all the necessary painting.” The Hoffmanns decided to leave the layout mostly as is, and work with the existing space, but repositioned the appliances and replaced the wall-mounted cabinets with floating shelves which provide ample storage space and make the kitchen look less cluttered. ▷

THIS SPREAD, LEFT TO RIGHT:

- Claire Hoffmann and Bruno. A splashback made with patterned tiles from Hadedra adds decorative detail.
- Christoph had the island custom made, then added castors so it can be moved around. A carpenter friend clad the exterior with American walnut.
- Floating shelves keep counters clear while still maintaining a sense of space.



THIS PAGE, LEFT TO RIGHT: ● A lick of chalk paint turned this awkward section of wall into a handy bulletin board.

● Christoph designed and made a pot rack with inset lights that illuminate the work surface underneath.

Christoph bought cabinet carcasses from Blue Pearl Kitchens and installed them himself. He then enlisted a carpenter friend at Fforest Design to make the doors from American walnut, fit them and clad the sides of the cabinets. The laminated countertops were replaced with granite.

Christoph's favourite feature is the mobile island with a stainless steel top. "I had it custom made, then put castors


on it and had it clad with American walnut to match the rest of the kitchen. It's open on one side, so pots and pans can be stowed out of sight."

The French tile design Christoph had in mind for the floor required quite a bit of measuring and cutting. He found the pattern online, bought the slate tiles and cut them to size himself, but left the actual laying to professional tilers.

As the kitchen has lots of natural light, Christoph and Claire felt it could handle a dramatic wall colour. They experimented with various shades containing cool grey undertones, and ended up painting the walls two different but similar hues.

"By doing quite a bit of the work ourselves, the kitchen cost us much less than going the conventional route," says Christoph. ▸

SOURCES Blue Pearl Kitchens 011 896 5413 Fforest Designs 071 473 0274 Hadedashop.com



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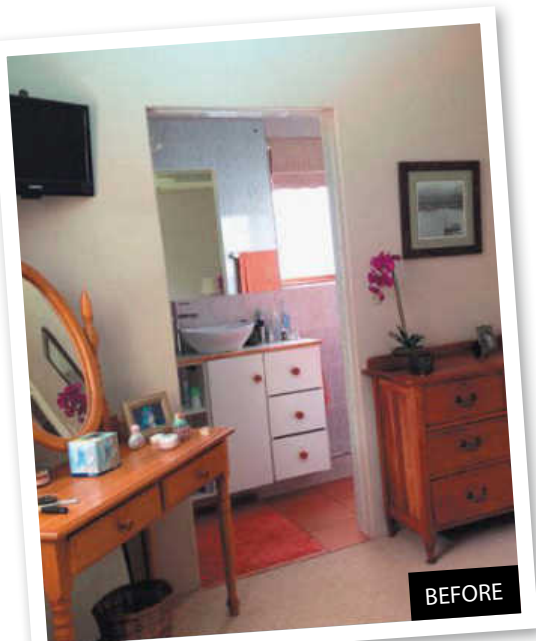
Suite sensation

“Our bedroom and en suite bathroom were really tired. The bedroom still had the original cupboards and the bathroom was not only tiny, but the door was right across from the bed,” recall Hannah (pictured right) and David Little of Durban. The geyser, situated in a storeroom adjacent to the bathroom, also took up valuable space.

As David has a painting and renovations business, dip Projects, they were able to do most of the work themselves, but called in

a plumber and electrician for the specialised jobs. They started by bricking up the doorway into the bathroom and created a new entrance to the right, which they kept narrow to leave room for a chest of drawers.

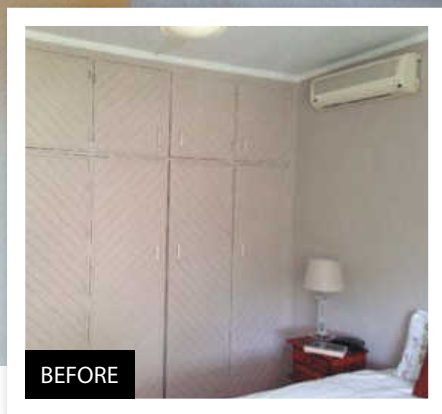
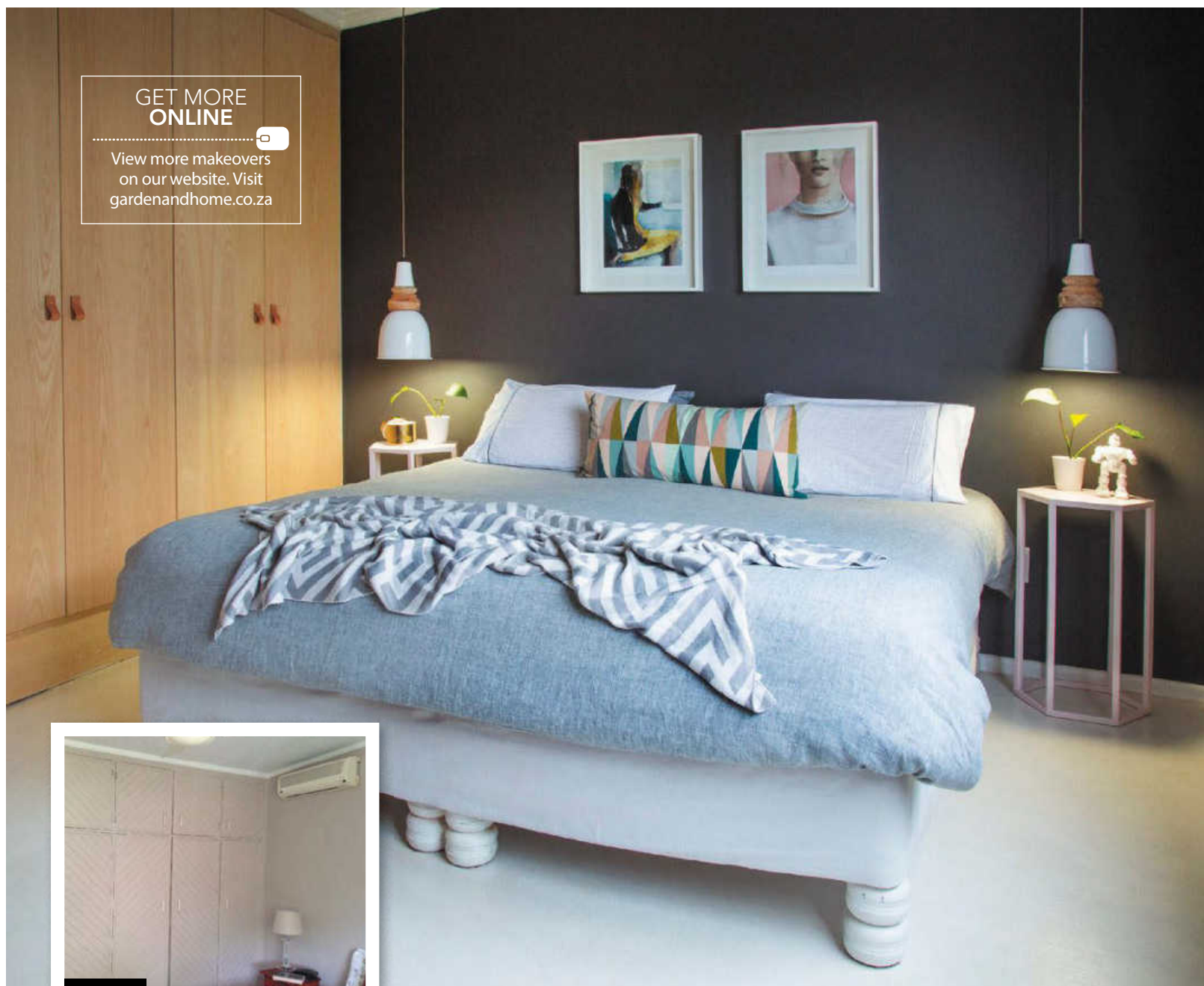
To gain extra space in the bathroom, the geyser was relocated and the wall between the storeroom and bathroom knocked down. “I designed a new vanity which a friend made. This was surprisingly cost effective,” says Hannah. “We chose to invest in top quality taps and basin and then shopped around for less expensive accessories like shelves from Mr Price Home.” They also saved money by not tiling the whole bathroom. “We used



THIS PAGE, LEFT TO RIGHT: ● Because it would take up too much space, the Littles decided against a bathroom door. As the toilet is now visible from the bedroom, Hannah made a feature of it with trendy pendant lights, a floating shelf and framed prints. ● Hannah designed the vanity herself and had it custom-made – a surprisingly cost-effective option.

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BEFORE

subway tiles in the shower and then painted the rest of the walls.”

The bedroom cupboards were also Hannah’s design and their clean lines and unvarnished finish give the room a fresh, contemporary feel. “For handles I used leather offcuts given to me by a friend with a leatherworking business and fastened them to the doors with brass bolts,” she adds.

“Patience is important when tackling your own renovation,” advise David and Hannah. “It’s exciting and rewarding, but always expect that the work will take

longer than anticipated and be prepared for a curveball or two. While it’s good to be influenced by the latest trends, don’t be afraid to add your own touches. That’s what makes your home your own.” **GH**

THIS PAGE, TOP TO BOTTOM: ● The raw finish of the cupboard doors designed by Hannah complements the contemporary style. The linen is from Weylandts, the pillowcases from Country Road, and the prints above the bed are by Victoria Verbaan. ● By moving the bathroom door from the centre of the wall to the side, David and Hannah created space for a chest of drawers.



SOURCES Country Road woolworths.co.za dip Projects dipprojects.co.za Mr Price Home mrphome.com Victoria Verbaan victoriaverbaan.com Weylandts weylandts.co.za

COMPETITION

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Two lucky readers will each receive a two-night stay for two in a Deluxe room.

The prize also includes all meals, plus early morning rock art excursions and evening nature drives. In addition, the winners will each get a private tour of the lodge's garden with the chef and garden team, and two Cederberg "Soul"ution signature spa treatments.

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For more information, visit bushmanskloof.co.za



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To enter, **SMS BUSHMANS**, your name, and e-mail and postal addresses to 48406. Each SMS costs R1,50. Errors will be billed. Free SMSes don't apply.

TERMS AND CONDITIONS: 1. The first two correctly completed entries to be drawn randomly will win the prize. 2. The judges' decision is final and no correspondence will be entered into. 3. Each prize includes a two-night stay for two and includes all meals, rock art excursions, nature drives, a private tour and two spa treatments. 4. The prizes exclude lunch on the days of arrival and departure, drinks, travel to Bushmans Kloof, and any expenses not mentioned. 5. Accommodation is subject to availability and the prizes are valid Sunday to Thursday from 1 May – 31 August 2016. 6. The prizes aren't transferable or resaleable, and can't be exchanged for cash. 7. Employees of Bushmans Kloof, CTP Caxton, their advertising agencies and immediate families may not enter the competition. 8. Entries close on 31 March 2016. 9. The competition is only open to South African residents over the age of 18. 10. The winners will be notified telephonically and their names posted on our website. 11. To comply with the Consumer Protection Act, postal entries will no longer be allowed and the winners will be required to supply their ID numbers. 12. E-mail addresses are not mandatory.

Kelsey Show Shelf



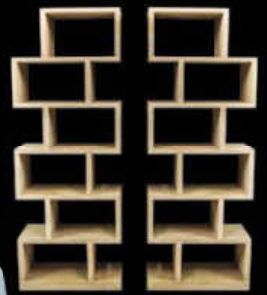
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St Tropez Cnr



From: R15,995 (fabric), R29,995 (leather)
Length: 285x285cm

Caribbean



From: R4995 (fabric)
Length: from 170cm

Chivonne Mini Cnr



From: R13,595 (fabric), R23,995 (leather)
Length: 240x190cm

Le Petite



From: R5995 (fabric), R11,995 (leather)
Length: from 160cm

Tina



From: R5995 (fabric), R12,495 (leather)
Length: from 190cm

Bellini



From: R5995 (fabric), R11,995 (leather)
Length: from 185cm

Albany Dining Table



From: R13,995 (Solid Oak)
240x100x75cm

Wishbone Dining



Price: R2395

Crossback Dining



Price: R1295
(natural, white & grey)

Bentley Dining



From: R2195

Laguna Dining Table



Price: R6995 (In French Grey)
180x90x78cm

Chicago Chair



From: R5995 (fabric), R7995 (leather)

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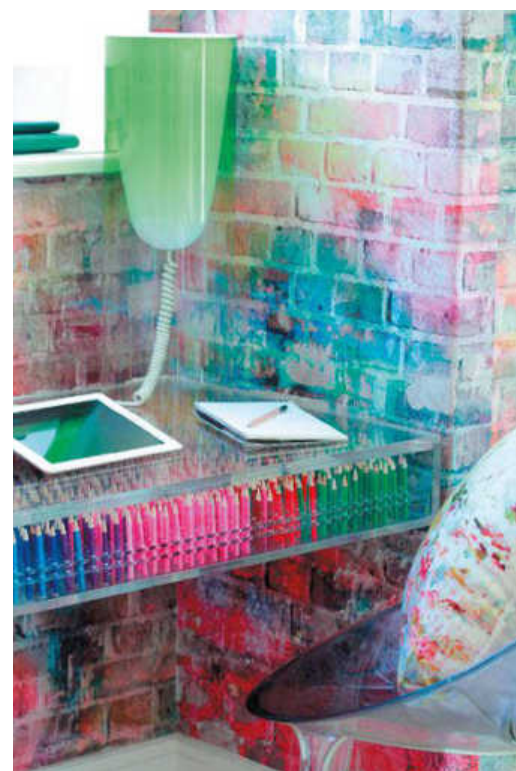
A GOOD *workout*

Whether you work from home or just need a spot to do a bit of admin, here are some clever ways to incorporate an office area

▲ LIGHT WORK

To find space for a desk for this family of five, Paige Waplington of Redesign Interiors made use of a narrow passage easily accessed from all three bedrooms. A two-tier desk provides plenty of work and

storage space, plus built-in plug points. A collection of metallic pendant lights, designed by Redesign Interiors, highlight the desk and a trio of Perspex boxes mounted on the wall display collectables.



▲ PENCIL IT IN

To reflect this teenager's bright and energetic personality and make work fun, Rika Kellerman of Hocus Interior Design Studio in Cape Town created a desk of multicoloured pencils encased in a Perspex box. "It's transformed what once was a dull niche," she says.



▲ PRACTICAL MAGIC

As her busy client is often on the run, designer Tanja Beyers of Profurn Contracts introduced a small but handy desk from SHF, ideal for making appointments, jotting down notes and storing stationery and notepads. >

OFFICE ESSENTIALS

Shopping for a desk? We tracked down a selection ideal for a tablet, laptop, or jotting down notes



Petit painted bedroom writing desk with drawers, R5 995, Trade Secret.



Sprayed trestle desk combo with drawer and door on castors, R4 475, LIM.



Trestle desk, R6 995, Coricraft.

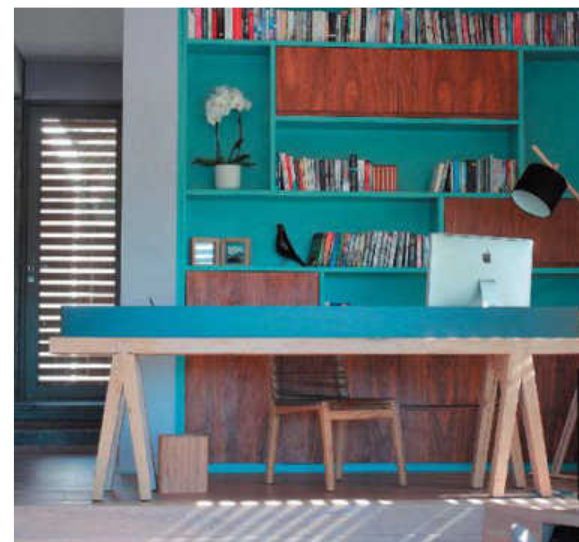
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ROLLERSTYLE

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▲ OPEN PLAN

If there's no space for a separate office, use available space in the living room. Here Rika Kellerman of Hocus Interior Design Studio designed a study section with plenty of built-in storage space and a contemporary trestle-style desk. She deliberately kept the look clutter free so that the office space doesn't intrude on the living room.



▲ ON THE SIDE

One of the easiest ways to establish a work space is with a handy trestle table which can be placed against the wall in a bedroom, living room and even dining room. Decorator Lisa Scholtz combined this wooden table with metal legs with a traditional chair for an understated classic look in this showhouse at Steyn City. **GH**

▲ RITES OF PASSAGE

When building or renovating, consider turning unused areas such as landings or passages into study areas, as Durban architect Mark Leslie-Smith did here. A corner desk illuminated by a skylight and a narrow bookshelf with a built-in ladder make excellent use of a very small space.



Emma writing desk with hutch,
R3 995, Block & Chisel.



Peter desk, Kroma,
R26 400, La Grange
Interiors.



Classic oak desk
R14 995, Trade
Secret.

SOURCES Block & Chisel blockandchisel.co.za Coricraft coricraft.co.za Hocus Interior Design Studio hocus.co.za La Grange Interiors lagrangeinteriors.co.za LIM lim.co.za Lisa Scholtz 082 498 9094 Mark Leslie-Smith 031 563 2354 Profurn Contracts tanja@beyers.me Redesign Interiors redesign-interiors.co.za SHF shf.co.za Trade Secret trade-secret.co.za



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INSPIRING BEFORE AND AFTER

Social SERVICE

This formerly secluded kitchen gets an entertaining-friendly overhaul

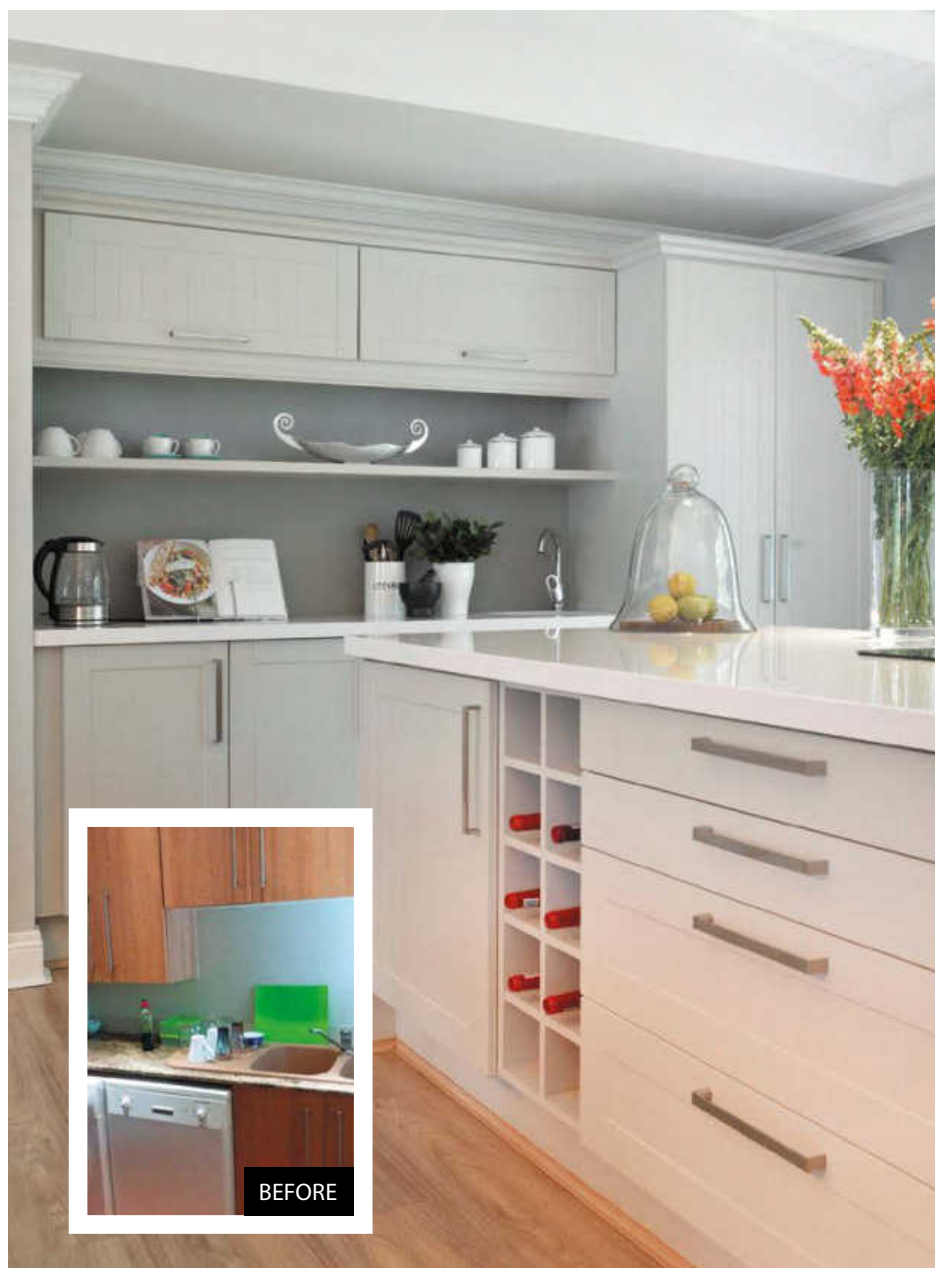
Pendant lights create an ambience ideal for dinner parties, and floor-to-ceiling shelves house a collection of cookbooks. Jo'burg couple the Wallers found the table at Homewood and the chairs came from Sevens.



“ALTHOUGH OUR KITCHEN WAS quite new with granite tops and cherrywood cupboards, it was completely separate from the living rooms, which didn’t suit our lifestyle,” recall Mike and Lucinda Waller of Fourways Gardens, Jo’burg. “We love to entertain, but didn’t like being away from our guests for long stretches of time.”

HOW THIS SPACE WENT FROM DRAB TO FAB The Wallers asked Kathy Moodley of Easylife Kitchens to reconfigure the rooms to create a kitchen ideal for easy entertaining. The first step was to remove the walls separating the kitchen, living room and dining room, and open up the ceiling to reveal the trusses, which were then painted white. Double doors connect the kitchen to the outdoor courtyard making it a great space for year-round entertaining.

Given a spacious new area to work with, Kathy placed an island fitted with an oven and glass-topped hob in the centre as a focal point and to subtly divide the dining and cooking areas. The island also provides plenty of storage space in custom-



designed, easy-opening drawers. Painted cabinetry houses a tea station on one side and a stainless steel fridge and freezer and microwave on the opposite wall. Kathy also incorporated a floor-to-ceiling bookcase to house the Wallers’ cookbooks.

“Because the kitchen and dining room are now combined, I suggested subtle grey cabinetry, as the colour and style wouldn’t restrict the Wallers’ choice of furniture and decor,” explains Kathy. “The tongue-and-groove effect Shaker-V doors are timeless, not too busy, yet with enough detail to stand out.”

Vinyl floors, quartz countertops and subtle grey tones give the kitchen a serene feel without looking ultra-modern. Large pendant lights suspended from the overhead beams highlight the large oak dining table which is paired with trendy

chairs. “We had to be careful not to go too contemporary as the house is relatively traditional,” adds Mike.

“NOW OUR KITCHEN IS ideal for indulging our passion for cooking. Our guests love hanging out here sipping wine while we prepare the food,” says Mike. **CH**

THIS PAGE, FROM LEFT TO RIGHT:

- Double doors lead to the outdoor living areas and the scullery is accessed through a door to the left of the coffee station.
- The central island provides plenty of storage space, including slots for wine bottles.

SOURCES Easylife Kitchens

easylifekitchens.co.za **Homewood**

homewood.co.za **Sevens** sevens.co.za

DIY UPCYCLING PROJECT



In an extract from her book *Vintage Remakes*, Carla Visser demonstrates how to turn old Consol jars into a rustic chandelier

WHAT YOU'LL NEED

- Safety gloves
- A drill
- A 25mm drill bit
- 5 Consol jars with screw-on lids
- 5 light fittings
- 5m of 8mm electrical cord
- Cutter
- Piece of wood
- Pencil
- Jigsaw
- An 8mm drill bit
- Nails
- Sturdy screws



DIY in a day

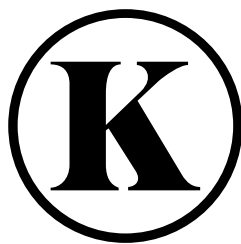
HOW TO DO IT

1. Using a 25mm wood drill bit, make a hole in the centre of each lid big enough for the electrical light fitting to fit securely. Use a smaller drill bit to make small holes around the centre hole. These small holes allow hot air to escape when the lights are switched on.
2. Attach the light fittings to each lid, taking care to tighten them properly.
3. Cut the electrical cord into five equal pieces and attach them to the light fittings.
4. With the jigsaw, cut a circle with a diameter of about 40cm from any type of wood. Position the jars in the way you want them to hang from the wood and mark the places with a pencil.
5. Drill through the wood on each mark, using an 8mm drill bit. Pull an electrical cable through each hole, adjust it to the desired height and strip the ends. Keep each cord in place with a bent nail or two.
6. Connect the wires to each other so that all the blue wires form one connection and the brown wires form another.
7. Attach these wires to the electrical connection in your roof*. Secure the light fitting to your ceiling with the screws. **GEH**

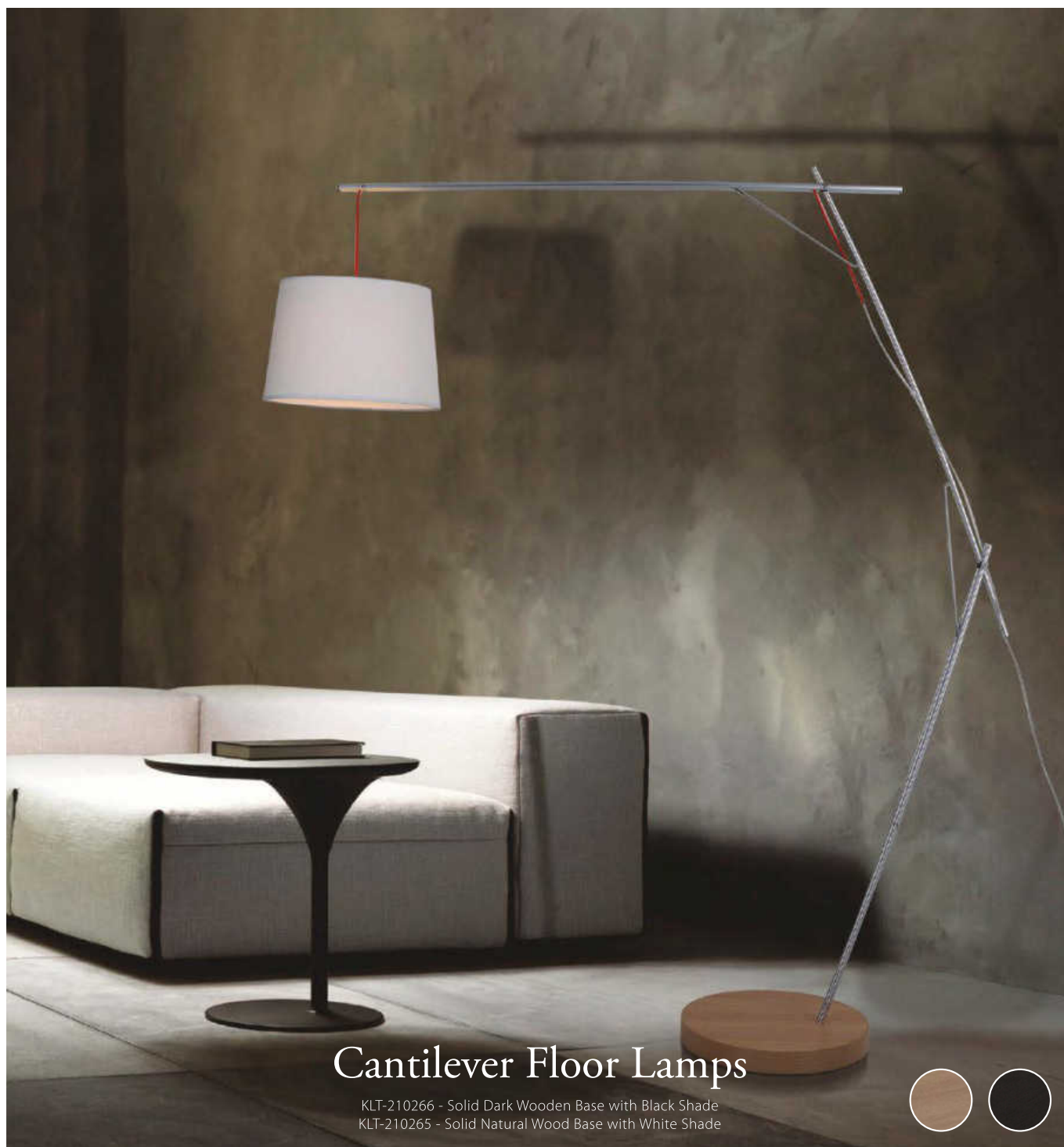
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SOURCE Text adapted from *Vintage Remakes* (Metz Press) by Carla Visser. Visit metzpress.co.za



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Centre COURT

A courtyard offers great potential to create a unique outdoor entertaining area. It's important though that the decor harmonises with the style of your home

EXPERT ADVICE

Jo'burg interior decorator, Joanne Roelofs has these practical tips for a stylish courtyard

- Select furniture that'll withstand the elements. Materials such as wrought iron, galvanised mild steel, stone and wood are durable and practical.
- Make sure the furniture fits the space and allows enough room for movement around the seating area.
- Keeping to a neutral scheme allows you to add splashes of trendy colour at a later stage.
- Find a floor tile that enhances the style of the area and is easy to maintain.
- Add planters to soften walls and paving and choose plants suited to the light conditions. If space is limited, opt for plants with height and add colour with annuals.
- Add interest to bare walls by mounting decorative objects on them.
- Light fittings such as wall-mounted sconces allow you to enjoy the courtyard in the evenings. **GH**



Bocca **carafe**, R49,99, Mr Price Home.



Set of four **tumblers**, R99,99, Mr Price Home.



Oval wooden **tray**, R299, Yuppiefchef.com



Versailles **chair pad**, R99,99, Mr Price Home.



Standard **table**, from R10 200, Hope Garden Furniture.



Reclaimed wood **planter**, R228, On the Patio.

Terracotta **planters**, from R199,99 – R399,99, Lifestyle Home Garden.



French **planters**, from R2 699,99 – R3 399,99, Lifestyle Home Garden.



SOURCES Hope Garden Furniture hopegf.com Joanne Roelofs 082 342 7379

Lifestyle Home Garden lifestyle.co.za Mr Price Home mrphome.com On The Patio onthepatio.co.za Yuppiefchef yuppiefchef.com

CAPE TOWN GARDEN

Grand **DESIGN**

The magnificent views of the surrounding mountains inspired this gardener to create a tranquil space of untold beauty



Who lives here

Winston and Wendy Floquet and their water-loving golden retrievers, Magnum and Luna.

The garden

Water Oak Farm covers five acres in the heart of Constantia's vineyards. It has views up to the Constantiaberg and across the Cape Flats to False Bay and the Hottentots Holland Mountains.

Ever since Wendy and Winston Floquet built their house on a Hanepoot vineyard, Wendy, a hands-on gardener, has kept a photographic record of the garden's development. The pictures reveal how she gradually transformed bare ground into the breathtaking garden it is today.

"The setting with its extraordinary views is what makes it," she says, explaining how important it was to retain the garden's sense of place and to blend it seamlessly with the neighbouring vineyards and mountains. Inspired by the location, she reflected the contours of the hills in the shapes of the beds, borders and plantings. ▷

THIS PAGE FROM LEFT: ● The water lily-covered pond fits seamlessly in with the natural surroundings. ● Like all retrievers, Luna can't keep away from the water.



WENDY'S GARDENING TIPS

- Wendy feeds her garden with Natural Gardening Principles products and Talborne Organics Vita 3:1:5 Fruit & Flower.
- She has set up a worm farm in eight old apple crates. It's fed with household vegetable and garden waste and makes dense compost.
- Garden waste is chipped and used as mulch.
- As there are such vast expanses to fill, Wendy lifts and divides her plants and plants them where they're needed.

Like most gardeners, she started by marking out the beds and borders with a garden hose and from there it evolved. The house now looks out on different sections of the garden, while further away, paths and broad sweeps of lawn lead through, among others, an Italian-inspired meadow garden with cypress and olive trees and

a newly developed 'hot' garden with its dramatic plantings of cacti and succulents.

Wendy was assisted by Arlo Mitchell of Greencube Landscapes and Gardens who'd also helped her, after preparing the garden for a wedding in 2009, to gradually introduce new plants to supplement the original trees and shrubs.

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● The sunny borders along this path to the entrance of the house are planted with a mix of plants including white watsonias and annuals for year-round interest. In the foreground is a bronze alstroemeria called 'Indian Summer'. ● A path of chipped bark meanders through the meadow garden to three sculptured seats made by Gallant Stone. Ornamental grasses and seasonal annuals and perennials like scabious were planted between fruiting olive trees. ● The semicircular lawn in front of the house was kept simple to emphasise the view. A low *Rhus crenata* hedge borders pride of Madeira, *Echium candicans* (syn. *E. fastuosum*), lavender and poppies in cool shades of blue and purple. The simple bench was given to Winston by his children.





The soil posed quite a challenge and Wendy regrets not doing more to improve its sticky, clay-like quality at the start. “We also lost a lot of topsoil when the land was levelled for the house,” she explains. The soil was so bad in places that at one stage the avenue of water oaks up the drive, after which their home is named, looked like bonsai.

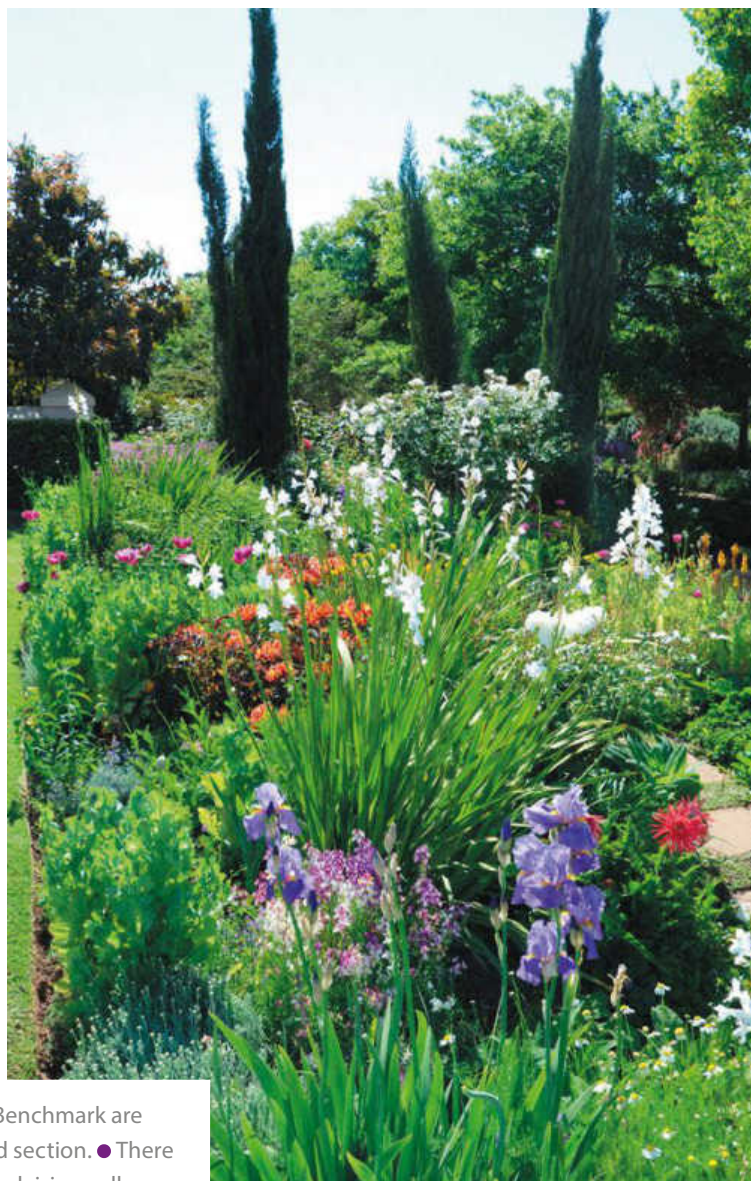
The solution to this problem was to dig 2m-wide trenches around each of them and fill them with good soil and compost. This was done by arborist Willem Avenant, who then got to work on shaping the trees.

Apart from having to work with waterlogged clay, Wendy also has to contend with the north-westerly winds that limit what can be planted.

Plant selection has largely been a case of trial and error. Water Oak Farm has some English and European elements, such as herbaceous borders and a rose garden, but the many indigenous plants give it a local flavour. “It started off as a mostly fynbos garden,” says Wendy, “but when the effect got too untidy, I changed it.” The garden eventually became a mix of exotic and indigenous, but is now swinging back to indigenous. ▸

THIS PAGE, CLOCKWISE FROM TOP: ● The driveway, which features an avenue of water oaks, is bordered in places with shrubs clipped into free-flowing shapes. ● In the rose garden, roses are underplanted with groundcovers like the purple carpet geranium, *Geranium incanum*, and yellow buttons, *Cotula sericea*.





THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Benches made by Benchmark are placed in vantage points like this one in the new Kirstenbosch-inspired section. ● There are over 500 plant species in the garden including irises, red Barberton daisies, yellow red-hot pokers and linaria. ● A secluded lookout offers views over the neighbouring vineyards. The white-flowered groundcover is an indigenous camomile (*Lasiospermum bipinnatum*). ● Tall indigenous watsonias and yellow pincushion proteas were planted around the pavilion that overlooks the lower pond.

Filling vast expanses can also be difficult, but as plants bulk up, they're lifted, divided and replanted elsewhere, and when the Floquets buy plants, they do it by the dozen.

Wendy has been inspired by gardens she's visited all over the world, including the Royal Horticultural garden at Wisley in Surrey and the Huntington Botanical Gardens in Los Angeles. Kirstenbosch is her favourite because she can relate to its abundance of fynbos which grows on the nearby mountain slopes.

Looking at the breathtaking garden she's established over the years, she says, "It's good for the soul to see what we've created from raw, red clay soil." **GEH**



SOURCES Benchmark 082 650 7659
Greencube Landscapes and Gardens
 083 435 3197 or greencube.co.za
Willem Avenant 072 434 2126



The pavilion appears to float in the meadow garden where a variety of grasses including tall *Miscanthus gracillimus* and *Stipa gigantea* are offset by bold purple poppies.

WEAVING magic

Most gardeners plant for spring and summer, yet autumn gardens with their striking colours can be even more rewarding

As the days shorten and the temperatures start dropping, colours seem to intensify. There's a subtle shift from the pastel pinks and blues to warmer fruity colours like apricot, peach and plum, as well as golds which blend in well with the shrubs and trees as they take on their autumn shades.

Here's a selection of annuals, perennials and subshrubs that'll brighten gardens through to the first frosts – and even beyond in warm areas. Many are water wise and can survive dry periods.



1 SALVIA COCCINEA

The vivid colour and vertical spires make this neat, fast-growing cultivar and the new cultivars of *S. microphylla* and *S. greggii* real showstoppers. Height: 30cm.

GROWING TIPS Plant them in full sun or a spot with morning sun and afternoon shade in fertile cultivated soil. They have average water needs. Treat them as an annual in frost zones; in warmer areas, cut back in spring to revitalise.

PROPAGATION Grow them from seed or divide in spring; they also grow from cuttings.

MAKE THE MOST OF THEM They add a vertical accent to beds and borders and look good in containers and cottage and meadow gardens.

GOOD COMPANIONS Anchor plantings of salvias with round-leaved pelargoniums, small-flowered petunias, achillea and the annual mimulus.

2 GAILLARDIA (BLANKET FLOWER)

An old favourite, especially in hot dry gardens, gaillardia just keeps on producing its cheerful daisy-like flowers with a yellow trim. Height: 35cm.

GROWING TIPS Plant in hot, sunny positions in free-draining garden soil to which compost has been added. They're frost hardy and water wise.

PROPAGATION Grow them from seed or slips taken from the base of the plant.

MAKE THE MOST OF THEM They're perfect for meadow, gravel and grass gardens and rockeries and as fillers in borders.

GOOD COMPANIONS Verbascum, the new hybrid digiplexis (a tropical foxglove), *Cordyline* 'Electric Star' and the everlasting strawflower (*Helichrysum bracteatum*).



3 COREOPSIS (TICKSEED)

Look out for the new low, mounding hybrids like 'Pineapple Pie' (pictured) and sterile cultivars of this old-fashioned favourite. With their dainty daisy flowers, they make a great addition to the garden. Free flowering, they come in yellow, red and pink. Height: 20cm.

GROWING TIPS They like well-drained but water-retentive, fertile soil and full sun. Frost tender and drought tolerant, they must be kept moist during hot spells. Trim off spent flowers for a continuous display.

PROPAGATION Grow them from seed or cuttings.

MAKE THE MOST OF THEM Use them in mixed beds and perennial borders, as a groundcover or edging, as accent plants in containers or plant en masse for impact. They're good in rockeries and for seasonal colour in cold regions.

GOOD COMPANIONS Celosia, marigolds, cosmos and portulaca, and for textural contrast, the new striped *Cordyline* 'Electric Star' or one of the bronze carex grasses.

4 ZINNIA

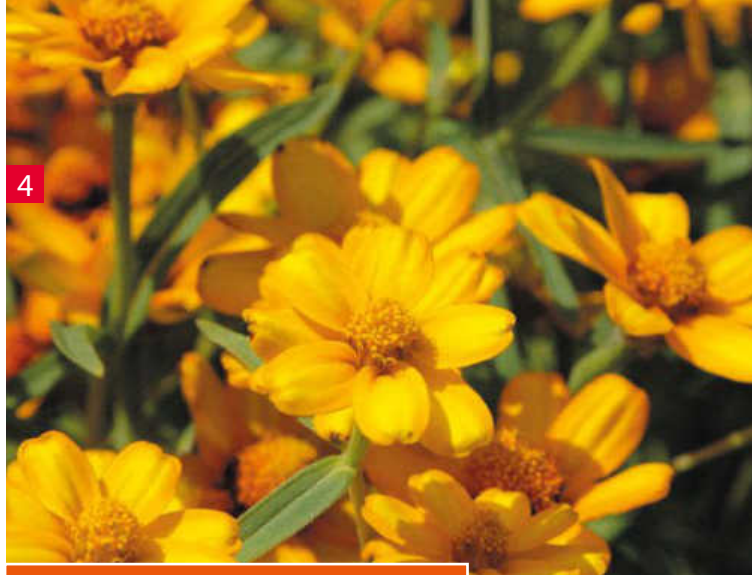
Zinnias are back in fashion and there are many new cultivars and hybrids. Some are tall, others small and neat. They have single, double and even cactus-type flowers in colours you'll find in a Persian carpet. Height: 15–90cm.

GROWING TIPS Plant them in full sun. They'll tolerate dry periods and heat. Don't plant them too close together to reduce possible outbreaks of mildew. Deadhead regularly.

PROPAGATION Grow them from seed.

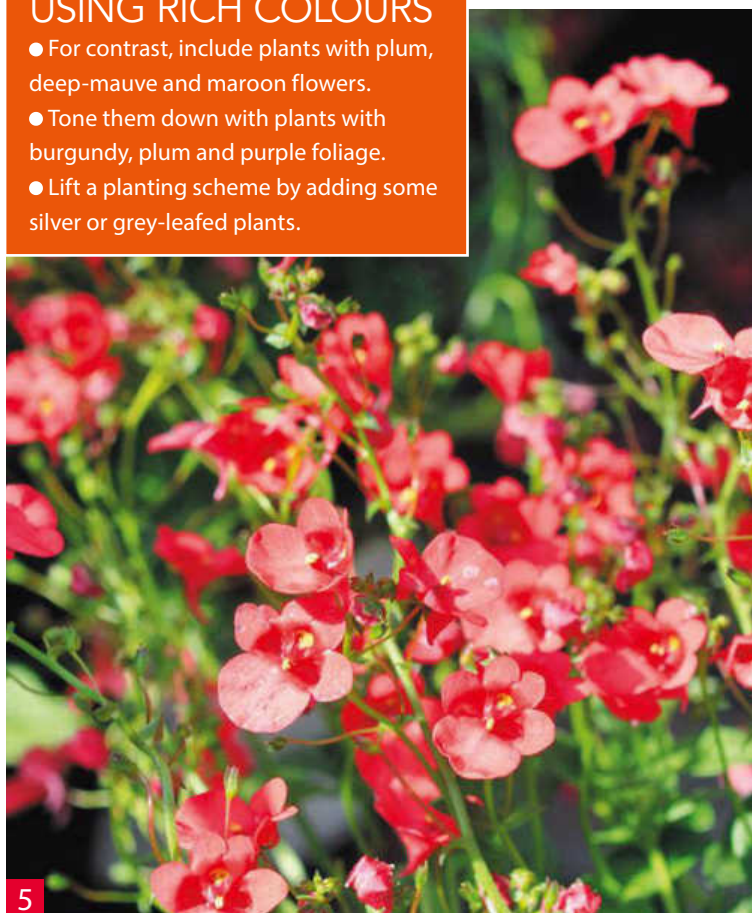
MAKE THE MOST OF THEM In borders and flower beds; use the smaller cultivars as edging or in containers and window boxes.

GOOD COMPANIONS Agastache, sunflowers, cosmos, penstemon and bedding dahlias.



USING RICH COLOURS

- For contrast, include plants with plum, deep-mauve and maroon flowers.
- Tone them down with plants with burgundy, plum and purple foliage.
- Lift a planting scheme by adding some silver or grey-leaved plants.



5 DIASCIA (TWINSPUR)

This dainty, indigenous spreading perennial, with its abundant upright spikes of orchid-like flowers, has many cultivars and now comes in colours like strawberry, coral, apricot and red. Height: 35cm.

GROWING TIPS A sunny position in well-drained, fertile soil is best. Deadhead to stimulate reflowering, removing only the flower heads. Don't overwater during hot spells in summer.

PROPAGATION Buy pot-grown plants from the nursery.

MAKE THE MOST OF THEM As a filler in garden beds and in rockeries (they love growing tucked in between rocks), in window boxes, hanging baskets and containers.

GOOD COMPANIONS Verbena, ivy-leaved pelargoniums, sun-tolerant coleus and portulaca. ▷



6



7

6 HELENIUM AUTUMNALE (COMMON SNEEZEWEED)

There's nothing common about these stunning, free-flowering herbaceous perennials. They're covered in brilliant red, yellow, orange, gold and bronze flowers for 8–12 weeks from late summer into autumn. They make good cut flowers. Height: 1–1,3m.

GROWING TIPS Plant them in full sun in rich well-drained but moist soil; they need a regular supply of water. They're frost-tolerant, bushy, compact plants that don't need support. Deadhead regularly and cut them back in January or February after flowering.

PROPAGATION Grow them from seed or division in spring and autumn.

MAKE THE MOST OF THEM Ideal for autumn borders, they add colour to meadow and cottage gardens, wild grass gardens and naturalised areas or in seasonally damp places.

GOOD COMPANIONS *Phygelius* spp. (river bells) and *Lobelia cardinalis* which have an upright growth habit. Grey juncus sedge for a foliage contrast, heuchera, for their colourful leaves, and ornamental grasses.

7 CAPSICUM 'MEDUSA'

The mix of colours of these compact, shrubby chilli bushes is simply glorious and adds a totally new dimension to autumn planting combinations. "Although edible, they're grown mainly as an ornamental. I've tasted one and would say it's slightly hotter than



8

a jalapeño," says Grant Muller of Seeds for Africa. Height: 20cm.

GROWING TIPS Plant them in full sun in fertile well-composted soil. They tolerate high temperatures, but they're tender, so treat them as an annual in frost zones.

PROPAGATION They grow quickly and easily from seed.

MAKE THE MOST OF THEM In pots, window boxes and containers on a sunny patio or as a feature plant in a rockery or in the border of a flower bed.

GOOD COMPANIONS Strawflowers, portulaca and torenia, *Bidens* 'Yellow' groundcover, cosmos and the *Osteospermum* Flower Power series.


8 ECHINACEA (CONEFLOWER)

The flowers of the new cultivars are bold both in size and form and come in shades of yellow, orange, red, pink and cream. The prominent cones in the centre of each flower make a welcome addition to the winter garden. Height: 60cm.

GROWING TIPS Coneflowers love sun, but will tolerate some shade and like well-drained, but water-retentive soil. They're frost hardy and can take periodic dry spells. Don't overfeed and keep them well mulched. Although deadheading prolongs flowering, leave some flowers on the plants in late autumn to produce seedheads for winter interest.

PROPAGATION From seed; don't cover, just press into the soil. Dividing clusters has a rejuvenating effect.

MAKE THE MOST OF THEM Use bold clumps to make a statement in beds and herbaceous borders. They also look good in Mediterranean landscapes, meadow, grass and wild gardens especially with ornamental grasses.

GOOD COMPANIONS Team coneflowers with flat-topped achilleas, tall goldenrod, the new digiplexis hybrids, verbascums, late-summer annuals like petunias, bold daylilies in complementary colours and foliage plants like *Nandina domestica* 'Pygmaea'. 

SOURCE Seeds for Africa seedsforafrica.co.za

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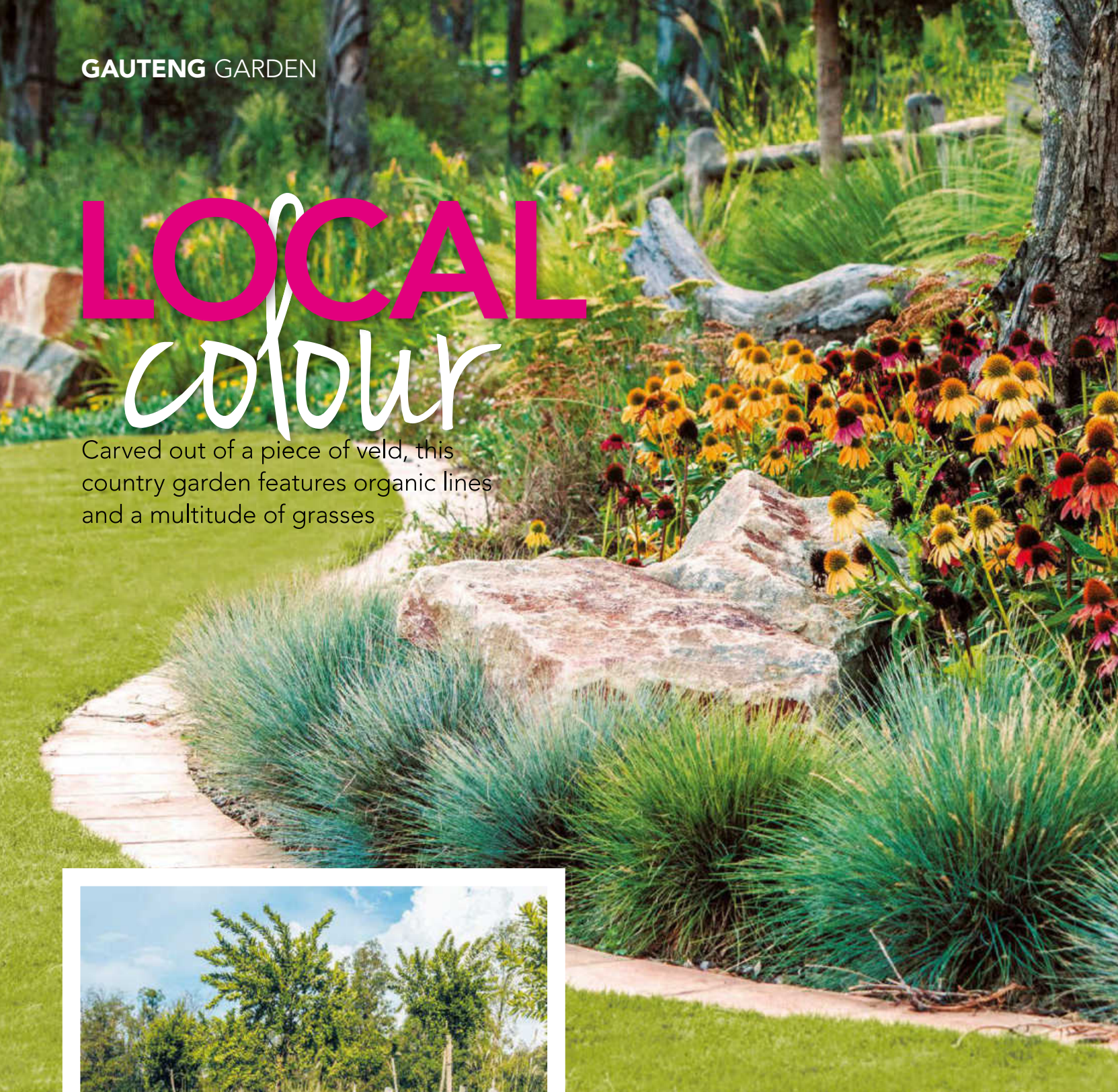
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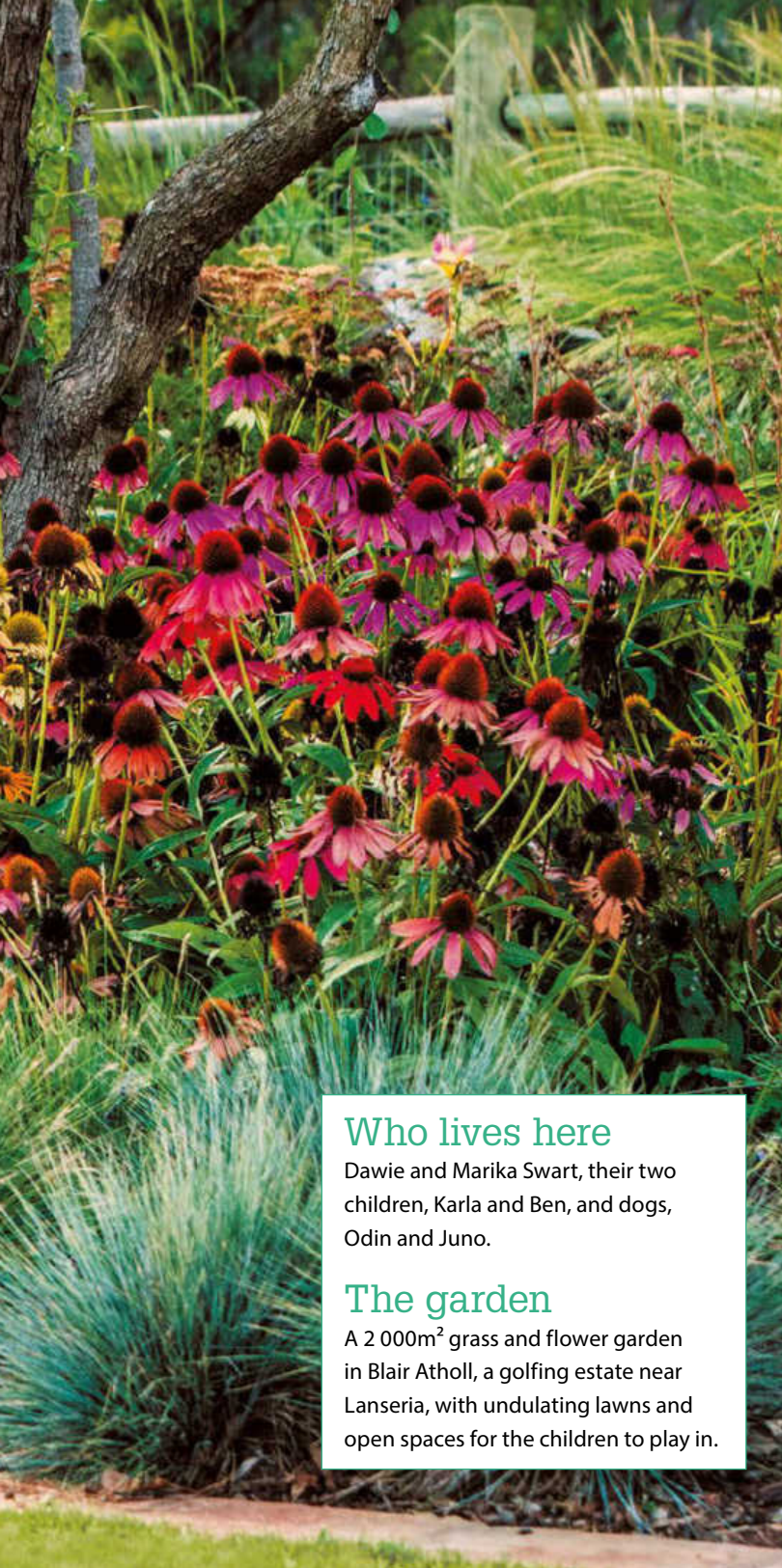
LOCAL colour

Carved out of a piece of veld, this country garden features organic lines and a multitude of grasses



In mid-2013, before their new house was built, Dawie and Marika Swart approached landscape designer Grant Gove of GLC Design Studio and asked him to turn their bare “patch of veld” in an estate in Gauteng into an attractive garden that would be in keeping with the natural surroundings.

They had in mind open spaces where the children could play, surrounded by a beds of plants that would provide texture, colour and screening that tied in with the style of the house. “The house can be described as a contemporary farmhouse,” explains Grant. “To complement it, the design is quite organic with large swathes of mixed plantings and hard landscaping

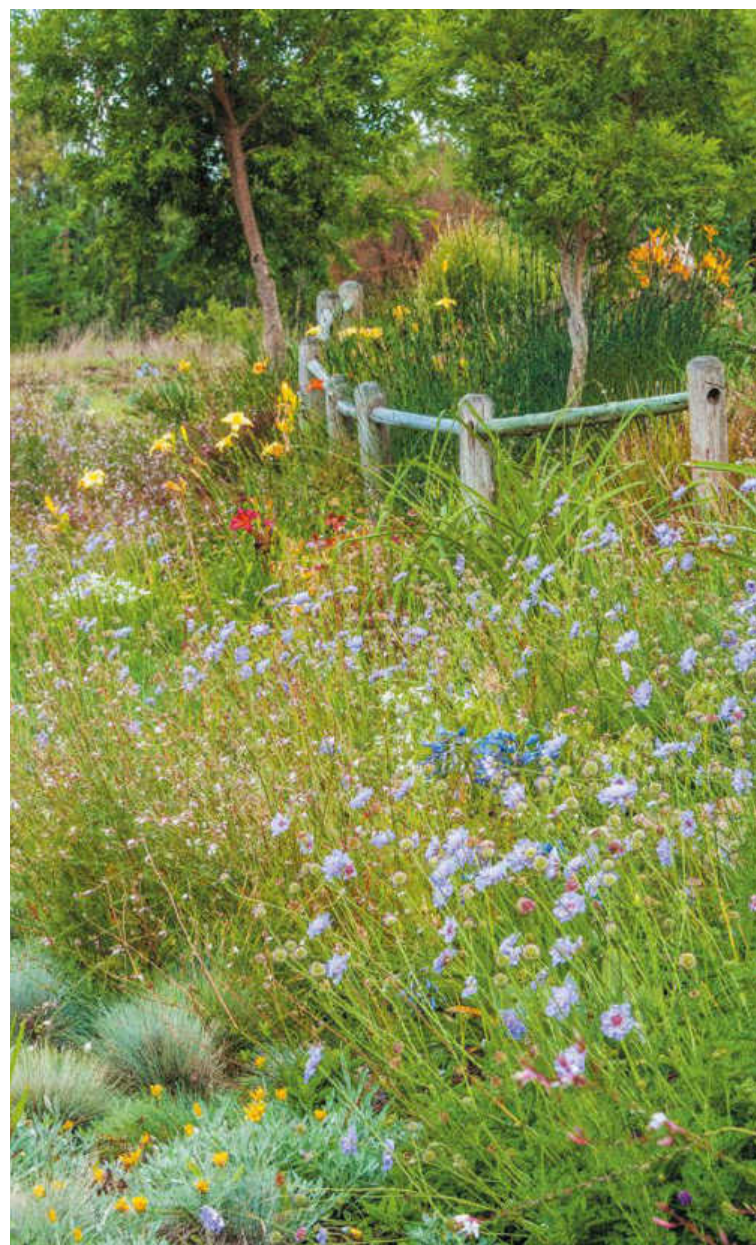


Who lives here

Dawie and Marika Swart, their two children, Karla and Ben, and dogs, Odin and Juno.

The garden

A 2 000m² grass and flower garden in Blair Atholl, a golfing estate near Lanseria, with undulating lawns and open spaces for the children to play in.



THIS SPREAD, CLOCKWISE FROM BELOW LEFT: ● A mixture of densely planted perennials like gaura, daylilies and combretum grasses create year-round interest. ● Echinacea, carex and other indigenous varieties were planted in swathes around the existing rocks. ● As the estate doesn't allow walls between properties, a soil berm and wooden fencing were used on the boundary.

elements like boulders, slate walkways and cladding.”

For Dawie, the driveway was a very important aspect and he was quite specific about how it should look. “I really like the farm style of the gravel roads and driveways in the area and this is what I wanted here,” he says. To satisfy his request a sandstone-coloured aggregate which gives a natural looking surface was laid. “It creates a warm, welcoming first impression and sets the tone for what’s to come,” explains Grant.

As the garden had to flow harmoniously from the house, once the walls and roof were up, FSG Landscaping Group started establishing the levels specified by Grant. This was fairly

challenging as the site sloped down to a small perennial stream. “I was concerned when Grant mentioned how much soil would be needed, but the results were well worth it,” says Dawie.

“We brought in 1 000m³ each of filling and topsoil,” Grant explains. “Some big trees and large boulders were craned into specific positions to give a sense of perspective and structure, while 20 trees were hauled in using old-fashioned muscle and sweat. All this had to be done before the levelling was complete.”

Blair Atholl doesn't allow walls between properties, so Grant used raised soil berms and wooden fencing for privacy and to add farm-style authenticity. Finally it was time to lay the ➤



THIS PAGE, CLOCKWISE FROM TOP LEFT:

● Kniphofia combines well with grasses like *Miscanthus sinensis* 'Zebrinus'. ● Tufted *Aristida junciformis*, with its mauve plumes, gaura and *M.* 'Zebrinus' line this pathway. ● *Scabiosa columbaria* grows alongside the sandstone-coloured aggregate from Lafarge chosen by Dawie to blend in with the surrounding veld.

cynodon turf (the only lawn allowed on the estate) and plant the annuals, perennials, ornamental grasses and shrubs in tilled, compost-enriched soil.

Grant believes a variety of grasses such as *Aristida junciformis* and *Miscanthus sinensis* 'Zebrinus' add softness and texture to a garden and he combined these with *Kniphofia praecox*, achillea,

Scabiosa columbaria and gaura. A fully-automated irrigation system controls water usage.

"I just love our new garden," says Marika. "There's plenty of space for guests and the children to play in. On top of that, there's always something coming into bloom or interesting to draw your eye." **GH**



UP CLOSE AND
PERSONAL

Read our interview with
landscape designer
Grant Gove. Visit
gardenandhome.co.za



THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Curves were used wherever possible. ● Wooden fence poles with plantings of kniphofia, gazania and pelargonium along the soil berm enhance the farm feeling. ● Groundcover *Erigeron karvinskianus* was planted to soften the steps and paving alongside the cynodon lawn.

SOURCES FSG Landscaping Group 011 763 2925 or fsgroup.co.za

GLC Design Studio 082 334 2525 or grant@glcdesignstudio.com

Lafarge lafarge.co.za

Wild ABOUT grasses

Strap-like leaves that sway in the slightest breeze and the variety of attractive forms are two of the reasons ornamental grasses are so popular



FROM LEFT TO RIGHT: ● Deciduous red Japanese blood grass (*Imperata cylindrica* 'Rubra') puts on a stunning display in summer. ● Use grasses with attractive flower and seed heads to maintain interest during autumn and winter. Natal redtop (*Melinis repens*) features shiny pink inflorescences in summer.



Ornamental grasses include both true grasses and plants with a grass-like appearance such as indigenous restios, water-loving sedges (*Cyperus*) and rushes (*Juncus*), plants in the lily family like *Ophiopogon* spp. (better known as mondo grass) and *Liriope* spp. Most are perennial and either clump or spread.

Clumping grasses gradually increase in diameter and are easy to contain while creeping grasses spread by means of rhizomes. Vigorous varieties should be kept under control by planting them in containers sunk in the ground – or just cut back when necessary. Whichever type you prefer, grasses will give your garden a lush, textured feel.

WHY PLANT THEM

- They're versatile, grow virtually anywhere and are suited to all types of landscapes including cottage, water-wise and contemporary surroundings.
- They're a quick and easy way to fill up spaces.
- They sway, nod and ripple in the slightest breeze, making a restful, rustling sound.
- The wide variation in form will give your garden structure. Choose from elegant clumps with vertical spikes, willowy fountains, compact domes or spiky tussocks. Add interest with smooth, sandpapery, felt-like or corrugated textures.
- Variety in size means they can be used as groundcovers, tall screening plants and eye-catching focal points.
- Their long strap-like leaves provide a contrast to broad-leaved shrubs and perennials.
- They're low maintenance and virtually disease and pest free.
- Use them for year-round colour in your garden. Apart from



shades of green, some like Japanese blood grass (*Imperata cylindrica* 'Rubra'), have red leaves, others yellow or gold, while many are steel grey or silver. Vertically and horizontally striped varieties also add interest.

- Their attractive seed heads look beautiful in late summer and autumn. Natal red top (*Melinis repens*) is an indigenous favourite.
- Many attract wildlife. Birds feed on the seeds (*Setaria megaphylla* with its corrugated leaves is a good seed producer) and use the grass for nesting while several are hosts to butterfly larvae. ▷

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Green and white striped miscanthus is hardy and low maintenance. ● Brown-leaved *Carex* 'Milk Chocolate' forms loose mounds next to the path through the grass garden at the home of Liz and Duncan Henderson in Elgin. ● The grey spiky C. 'China Blue' has a spreading habit but doesn't become unruly.




HOW TO CHOOSE THE RIGHT ONES

With new forms being released every year, the best way to narrow down your choice is to consider how, where and why you'd like to include them in your landscape.

- Match the plants to your climate zone, the soil in your garden and the position you'll plant them in.
- Choose plant sizes to fit your setting.
- Ensure they'll create the effect you have in mind, whether it's a meadow or cottage-garden look or something more dramatic and modern.
- Decide whether to plant them massed in natural curves and drifts for a loose, informal look, or singly, in groups or even as matching pairs for a focal point.

GROWING TIPS

- Take into account that some grasses are evergreen and look good for most of the year. Others come into their own in late summer with attractive flower heads and seed heads and coloured leaves in autumn. Most of the deciduous types die back in winter and can look a bit tatty. If this is a problem, plant them in between evergreen shrubs – you can simply cut back dead leaves and the shrubs will hide them.
- Regular feeding and watering ensures that plants grow well and look healthy. 

ALIEN ALERT

A number of grasses such as common pampas grass, fountain grass (*Pennisetum*) and *Stipa tenuissima* syn. *Nassella tenuissima* are declared invaders. Opt for indigenous *Aristida junciformis* or Ngongoni three-awn grass instead.

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Taller grasses like *Miscanthus* and *Panicum* species work well as a backdrop, bearing delightful seed heads in autumn. ● Grasses add substance, character and height to perennial borders and meadow gardens. Rozanne Barlow combined the cream inflorescence of *Pennisetum* 'Tall Tails' with smaller *Uniola latifolia* 'Brown Oats' at Schoongezicht, Cape Town. ● *Acorus gramineus* with its golden-yellow leaves is a good waterside plant. ● Black mondo grass makes an interesting combination with silver-leafed plants like *Calocephalus brownii* (cushion bush).



THERE'S NO ESCAPING THE FOG.

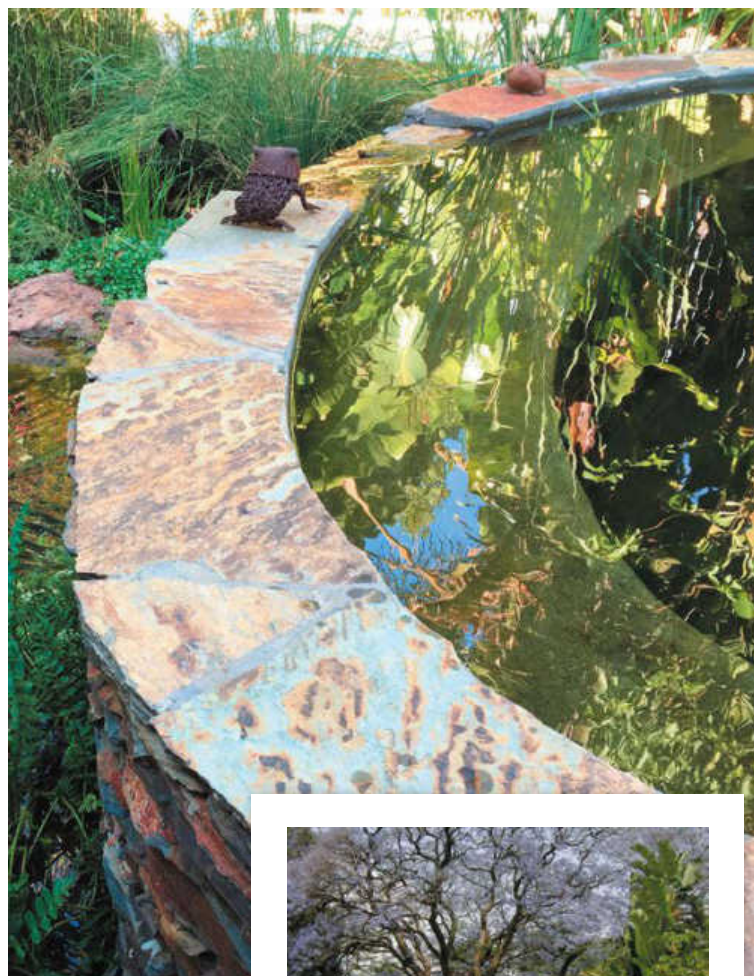
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SWIMMING POOL CONVERSION

Back to NATURE



Jane Griffiths converted her chlorine pool into a natural wetland, using plants to filter and clean the water



When we moved into our house, there was a sparkling blue pool. After the first summer storm, it instantly turned green. So began an ongoing battle involving pool testers and endless visits to the pool shop to have the water assessed, which usually resulted in adding chemicals with scary warnings.

When the pipes developed yet another leak, we covered it up and there it remained for three or four years. Until Tosca arrived. A cute bundle of white fur, who soon spotted the puppy-sized puddle in the middle of the pool covering. It took her about two seconds to bite her way through the netting to romp in the water. It was very cute while she was a pup – but 30kg of fully grown German shepherd began wearing the edges of the cover and we had visions of Tosca drowning.

We uncovered the pool immediately. Surprisingly, although the sides were covered with black growth, the water itself was lovely and fresh. And so the idea of a natural pool began to germinate.

HOW A WETLAND POOL WORKS

Water is circulated by means of a pump between the swimming area of the pool and a wetland. The wetland with its plants, animals and substrate, filters the water, returning it to the swimming pool so clean you can drink it. The water needs to circulate constantly to keep beneficial organisms alive, but as this is done by a lower wattage pump than that of a swimming pool, far less electricity is used and all harmful chemicals are eliminated.

THE DESIGN

Our pool was a standard rectangle, a thing I've never liked, as all the shapes in my garden are natural and flowing. Instead of dividing the pool (the way most conversions are done) I wanted a deep splash pool inspired by rock pools with a wide step for lounging in the water and flat rocks to bask on. It was a daunting task and I decided to call in an expert. Architect Anthony Philbrick of wetlandPOOLS built his first wetland >



BEFORE



DURING



DURING

THIS PAGE, TOP LEFT TO RIGHT: ● The swimming ellipse with an overflow on either side. ● Built-in seating a few inches below the surface is ideal for relaxing on hot days.



pool in 2007 for his four-year-old daughter. He has since built more than 200 wetland pools, perfecting the art of using nature to purify the water. With his imaginative architect brain, he jumped at the opportunity to build something different.

He suggested an elliptically-shaped pool rising out of the shallow end with a seat running around the inside. Water would flow from the ellipse, over a waterfall and into the wetland, which would lie in the remaining area of the pool. This would completely change the shape of the old pool resulting in a new and exciting space.

HOW WE DID IT

The pool was emptied, all cracks were fixed and the surface sealed. In the shallow end, the outer walls of the ellipse were built using bricks with the inner step made with concrete and bricks. In its centre, the ellipse is 1,8m deep, ideal for dunking. It was plastered, sealed and the exterior clad in Latitude Tile & Decor Autumn cladding to give the impression of a stacked stone pool rising out of the water. Larger pieces of the same stone were laid on top of the ellipse.

Gravel was added to one half of the remaining area of the existing pool. Using sand bags filled with gravel, a bank was built to retain the gravel on one side. This produced different levels ranging from the original depth of the deep end, to a few centimetres deep, providing environments for various wetland plants.


Suction pipes were laid under the gravel and a 200W high-flow submersible pump was installed inside a barrel and buried just under the gravel. This sucks the water through the wetland and pumps the clean water into the ellipse in a continual cycle. Stepping stones, plants and fish were added.

THE RESULT

On the very first evening after we filled the pool, a frog began croaking, the first I have ever heard in my garden. Although the

water was murky in the beginning, within a few weeks it cleared. After a month it was crystal clear and has remained so ever since. The only maintenance required is to trim back the plants, occasionally vacuum the swimming area and top up the water.

Although we swim far more often than before, it's become much more than a swimming pool. Every day birds splash in the pool or use the papyrus fronds to make nests. Damselflies and dragonflies dart above the surface and bees sip water from the moist rocks. In addition to the ever-changing textures and colours of the wetland plants, I'm now experimenting with edible water plants.

A previously sterile area of my garden has been revitalised by reconnecting it to nature. And Tosca now has a dog-sized pool to play in. 

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● The completed pool. ● Goldfish eat mosquito larvae. ● Dragonfly resting. ● Marsh lilies.

SOURCES Anthony Philbrick wetlandPOOLS wetlandpools.co.za 082 900 5691 *Jane's Delicious Urban Gardening* by Jane Griffiths (Sunbird Publishers, jonathanball.co.za) Jane Griffiths janesdeliciousgarden.com Latitude Tile & Decor latitudedecor.co.za

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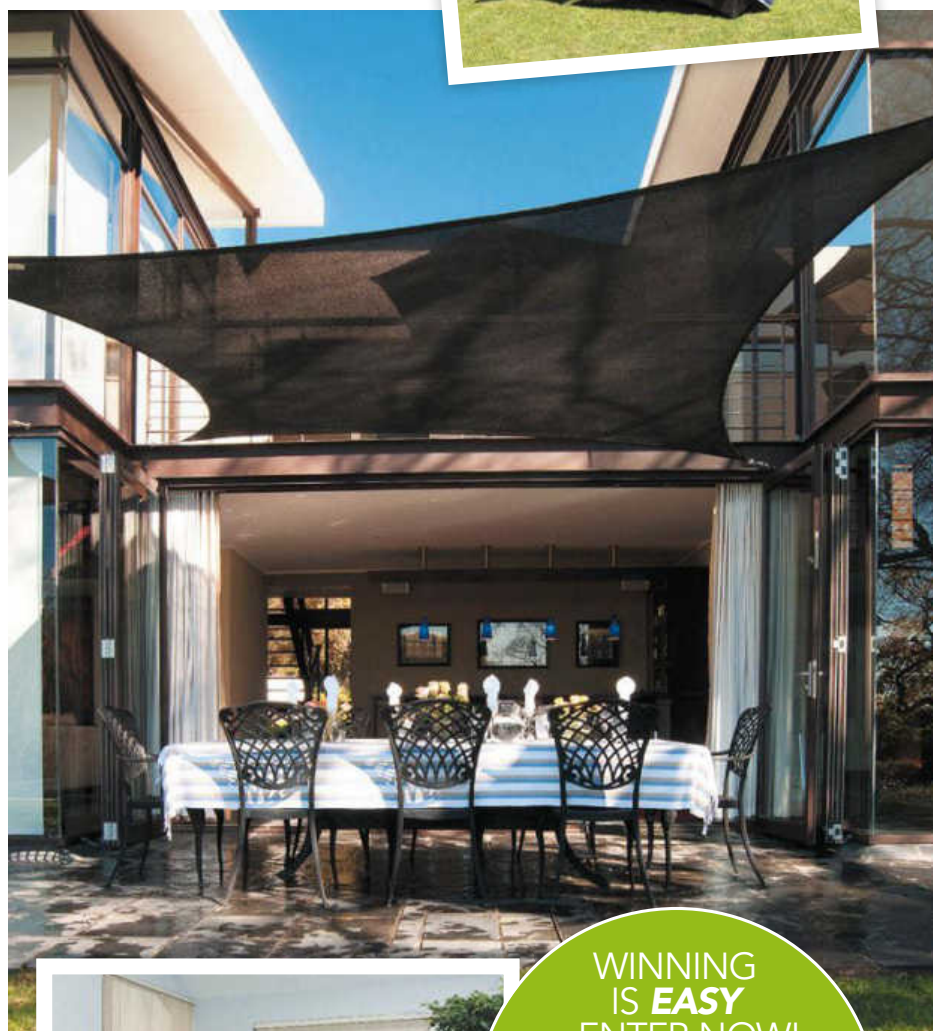
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TERMS AND CONDITIONS: 1. The first four correctly completed entries to be drawn randomly will win the prizes. 2. The judges' decision is final and no correspondence will be entered into. 3. Each prize consists of the winner's selection of Coolaroo products to the value of R11 250. Installation is not included in the prize. 4. The prizes aren't transferable or resaleable, and can't be exchanged for cash. 5. Employees of Coolaroo, CTP Caxton, their advertising agencies and immediate families may not enter the competition. 6. Entries close on 31 March 2016. 7. The competition is only open to South African residents over the age of 18. 8. The winners will be notified telephonically and their names posted on our website. 9. To comply with the Consumer Protection Act, postal entries will no longer be allowed and the winners will be required to supply their ID numbers. 10. E-mail addresses are not mandatory.

GARDEN notes

For a fragrant display in late winter, sow sweet pea seeds

10 must dos this month

Contributing garden editor Marianne Alexander's handy checklist of essential chores to do in March



1 Pull out tatty summer annuals and add to the compost heap. Prepare empty beds for spring annuals and bulbs by loosening the soil to a depth of 30cm, turning in compost, superphosphate, (a good fistful to each square metre) and a sprinkle of hoof and horn (slow-release nitrogen) and bonemeal (phosphate).

2 Start cutting the lawn shorter as temperatures drop and the days shorten at the end of the month. Feed with 2:3:4 or 3:1:5 fertiliser. If your lawn was infested with winter grass (*Poa annua*) last year, spray with Kerb, a pre-emergence seed inhibitor.

3 Sow sweet pea seeds in deeply dug, well-composted beds, trenches or containers, and for faster germination, soak them overnight beforehand. In cold frosty areas, plant seeds in May or June to prevent the blooms being frosted.

4 Prune bougainvilleas once their summer flush has faded. Rather than cutting back the branches, clip lightly giving them an all-over shear to remove all the old flower stalks. Feed with a high-potash fertiliser like 3:1:5.

5 Save seeds of cleome, cosmos, marigolds, zinnias, Queen Anne's lace, fennel, lavatera and verbascum. Dry store them in labelled envelopes or brown paper bags.

6 Buy spring bulbs as soon as they're available. Towards the middle of the month, plant out indigenous bulbs, like babianas, freesias, ixias and sparaxis. Plant lachenalias in pots as they dislike damp feet. Store exotic bulbs like bluebells, grape hyacinths, daffodils, anemone and ranunculus, which prefer cool conditions, in a cool, dark dry place until April. Divide overgrown clumps of the river lily, *Hesperantha coccinea*.



Lachenalias

7 Label summer bulbs like dahlias and gladiolus using an indelible waterproof pen, while they're still in flower. Place stakes in the ground to mark the position of deciduous perennials like hostas, astilbes, peonies, balloon flowers, flame lilies, *Eucomis* spp. (pineapple lily), perennial phlox and alstroemeria (Inca lilies) so that you don't dig them up by accident.

8 Fill gaps and replace poor-performing shrubs with new, more suitable plants while the soil is still warm. In dry and drought areas only do this if you can provide enough water for them. Choose strong-growing plants in bags or pots that are in proportion to the size of the plant with no roots growing through the drainage holes.

9 Control weeds by pulling out those in flower beds and borders by hand. Pour boiling water or vinegar on weeds in paving or drizzle them with a little salt; if they're persistent, ask your nurseryman for a herbicide.

10 Feed roses with a high-potassium fertiliser like 3:1:5 or 2:3:4 to harden them for winter in cold frosty areas. In other areas, give a last feed of 5:1:5 or 8:1:5 granular fertiliser. Spray preventatively for fungal diseases like black spot, mildew and rust, particularly in winter-rainfall areas.

Going GREEN

Recycle kitchen waste with an OXO Good Grips compost bin, R399, from Metelerkamp's. It fits easily on a countertop and has a flip-down lid that locks in odours. Call 044 382 0274 or visit metelerkamp.co.za



The veggie garden

1 Strawberries are producing runners on which new plants develop. Cut some off to reduce stress on the mother plant. Prepare a new bed for the offspring by digging in bonemeal and plenty of compost.

2 Start sowing winter vegetable seeds of beetroot, carrot, broccoli, cabbage, cauliflower, celery, lettuce, mixed salad greens, radishes, peas, spinach and Swiss chard and herbs like coriander, rocket and parsley.

3 Plant seedlings of broccoli, cabbage, cauliflower, kale, celery, leeks, lettuce and spinach.

4 Feed established vegetables once a month.

5 Feed all brassica seedlings with a balanced organic fertiliser like Vita-Green 5:1:5.

6 In the subtropics, continue planting warm weather crops like beans, beetroot, capsicums (above), courgettes, cucumbers, eggplants, lettuce, marrows and tomatoes.

7 Feed grape vines with 2:3:2 and granadilla and guava with 3:1:5.

Purple accents

1 *Strobilanthes dyerianus* (Persian shield) has

iridescent, pewter-coloured leaves splashed with purple. This shrub is at home in the subtropics but will grow in a warm spot in cooler gardens.

The bottom line:

It needs regular watering.

Height: 75cm–1,2m.

2 *Euphorbia cotinifolia* (Caribbean copper plant)

is a frost-tender small tree or shrub with reddish-bronze, heart-shaped leaves that's best grown in warm areas in full sun. Its milky sap can cause an allergic reaction.

The bottom line: Although water wise, it prefers regular watering. Height: 2–3m.

3 *Vitex trifolia* 'Purpurea' (chaste tree) is a fast-growing small tree or shrub with grey purple-backed leaves and sprays of lilac flowers; it grows in full sun.

The bottom line: Frost hardy, it tolerates dry periods and severe pruning and makes a good hedge. Height: 4m.



WE'RE PLANTING...

Buddleia Lo & Behold 'Blue Chip Jr.' PBR & TM

Why: This miniature butterfly bush blooms continuously from midsummer to frost. Easy to grow, its fragrant flowers attract butterflies and hummingbirds.

Where: In full sun in well-drained soil in autumn and spring, although they can be planted at any time.

How: Although it requires no deadheading, it can be cut back in early spring, if desired. ▷

PW
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WINNERS®
The #1 Plant Brand.®



Diamond frost

It's the elegant cloud of white flowers produced by *Euphorbia Diamond Frost*™ all through summer till late autumn that makes this plant essential.

One of the most award-winning plants in container gardening history, Proven Winners' *Euphorbia Diamond Frost*™ is ideal on patios and terraces and in hanging baskets and pots where its profusion of airy white flowers is guaranteed to lighten any spot. Versatile and hardy, it's best in sunny positions but does surprisingly well in shady conditions too.

WWW.KEITHKIRSTEN.COM

Great rustic FINDS

Country Garden wooden troughs, from R249,99 – R399,99, Lifestyle Home Garden, lifestyle.co.za

Station clock and thermometer, R1 100, GardenShop, gardenshop.co.za and Starke Ayres Garden Centre, starkeayres.co.za



Two-tier wooden herb stand, R499, 99, Lifestyle Home Garden, lifestyle.co.za



Hanging out

Designed by Porky Hefer, these hanging weaver bird's-nest chairs are custom made to order by the Cape Society for the Blind in Cape Town. For details, e-mail estell@ctsbl.org.za or call 021 448 4302.

ON TREND

A wicker planter, R1 125 – R1 550, from Trade Secret, is also ideal for storage on a sheltered veranda or covered patio, trade-secret.co.za



OUTSIDE INTERESTS

WHAT Lifestyle

Garden Design Show

WHEN 12 February

– end May

WHERE Lifestyle

Home Garden, Beyers

Naudé and Ysterhout

Avenue, Randpark

Ridge, Randburg

The theme of this year's show is courtyard gardens inspired by the Silver Screen.

Students of Lifestyle College showcase

innovative ways to update outdoor living areas using containers and indigenous and drought-tolerant plants. Visit our two sponsored gardens, 'La Dolce Vita', a succulent garden and 'Eat Me', a colonial vegetable garden.

There's also an exciting line-up of talks on herbs, grasses and cooking classes using herbs and autumn harvests.

For more information, call 011 792 5616 or Lifestyle College on 011 792 5054. Visit lifestyle.co.za



ASK ANDRE

Q Can you please tell us how to get rid of red ants?

Amanda Boshoff, via Facebook

A Kill the queen ants by placing Efekto Antrap close to the nests. Replace them regularly until there are no more visible ants feeding. Then use Efekto Ant surface spray as a barrier. Sprinkle Efekto Ant Vanish Granules near nest entrances. You can also sprinkle the granules in flowerbeds, drives and gravel pathways. Visit efekto.co.za

Got a gardening problem? Send your query to gardenhome@caxton.co.za with 'Ask Andre' in the subject line.



Andre Bimray of Efekto



Liquid DIET

Seasol's liquid fertiliser, The Seaweed Solution Ready to Spray, about R185 for 2 litres, can simply be attached to a hosepipe and applied directly to container plants, beds and lawns. It's available at leading garden centres nationwide.



2016 GARDEN DESIGN SHOW

This weekend 

Build a support for climbing sweet peas which can grow up to 2m or more. Small-gauge netting or wire is better than thick sticks or poles. Initially guide the plants up the support by placing thin twiggy sticks at ground level. Leave as much space as you can between the wall or fence and the netting to improve air circulation. Feed and pick regularly to keep them flowering.

Try the following:

- Attach fine, commercial sweet pea netting to hooks on a sunny wall or fence or string it between two posts.
- A wooden trellis backed with wire netting.
- Plastic-coated metal trellises hung over walls.
- Twist twine or string in a zigzag pattern around hooks or nails on a fence or wall.
- Twine coarse string around free-standing pillars, obelisks or tripods.



THE TIES *that bind*

Velcro reuseable ties, from about R60, are ideal for staking plants, vegetables like tomatoes and trees, as they can be loosened as the plants grow, velcro.com


SAVE THE DATE!

You're invited to join *Garden and Home* and NetFlorist at Multiflora where award-winning South African designer John Meyburgh will inspire you to create stunning floral arrangements to celebrate any occasion.

DATE Saturday 5 March

TIME 10h00

PLACE Multiflora Flower Market, cnr Vickers Street and Fig Place, City Deep, Jo'burg.

COST Free! Seats are limited so arrive early to avoid disappointment. 



12 February till end of May

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SOWING SEEDS



It's sow
EASY!

Growing plants from seed is far less expensive than planting seedlings. Kirchhoffs' Marlaen Straathof shows how simple it is



“Just one packet of seed can supply a season or more of vegetables, flowers or herbs,” says Marlaen Straathof of Kirchhoffs. “While it’s easy to pick up a tray or two of seedlings at the garden centre, there’s only one place to find something different like heirloom sweet peas, unusual veggies and old-fashioned flowers and that’s in seed packets.”



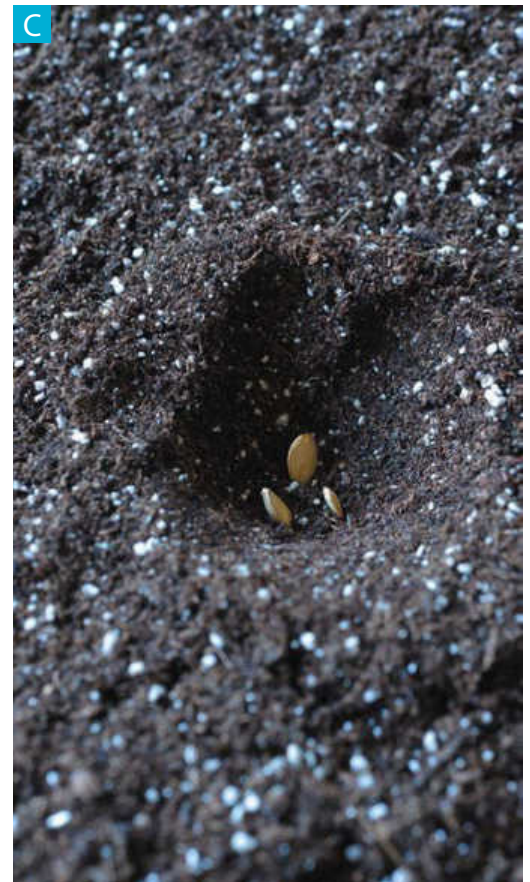
GETTING STARTED

- 1 Before you start, read the instructions on the back of the seed packet. These tell you depth of sowing, spacing, time to harvest, sun or shade requirements and what time of the year is best for sowing.
- 2 Find the right spot, based on whether the plants you want to grow from seed need sun, semi-shade or shade.
- 3 Loosen the soil down to 30cm, break up any big clods, remove large sticks and stones and add in plenty of compost to improve fertility and drainage.
- 4 Rake the soil until it’s level and the texture is fine, which ensures better germination. Water and leave overnight for sowing the next day when the soil is still damp, but not too wet.



CHOOSING THE RIGHT SOWING METHOD

Seed varies considerably in size and this generally dictates the sowing method and the depth says Marlaen. “Basically, the sowing depth is the same as the size of the seed, which means, the finer the seed, the shallower it’s sown, with very fine seed simply being sprinkled on the surface of the soil and firmed down to prevent it being blown away by the wind.”



ROWS

These are suitable for fine seed like carrots and lettuce as well as small seed like that of broccoli, Chinese cabbage, cabbage, radishes and parsnips.

1 Use a stick, rake or broom handle to trace a shallow line in the soil. Lay a planting stick made from any straight piece of wood alongside the line, like a ruler. Mark the measuring stick at 5cm intervals, which makes it easy to space the seed correctly.

2 If the seed is very fine, make a funnel from a piece of paper and use this to spread the seeds evenly along the row.

3 When planting more than one row, make sure the space between rows, as indicated on the seed packet, is correct.

4 Close the soil over the seed and firm down gently.

INDIVIDUAL HOLES

These work best for large seed such as squashes and broad beans or seed of beetroot and spinach which consist of many seeds in one clump.

1 When using your finger or thumb to make a hole, first measure the length of your finger. For instance, it may be 2,5cm to the first digit, and 5cm to the second, which makes it easy to judge, as not many seeds are planted deeper than 2,5cm (see A below left).

2 Well-spaced plants are more drought resistant because there's more space for the roots to look for water. For plants that should be about 20cm apart, simply use the span of your hand (see B right).

3 After making the hole, just drop in the seed and lightly press down the soil to close the hole.

Tips for squash seeds

- To prevent squash seed (gems, butternut, pumpkin) and cucumber from rotting, plant them upright rather than flat.

- Plant three seeds in one hole (see C above); when one seed starts to germinate it releases a chemical that stimulates the others to germinate. This ensures that at least one will germinate. ▷





SCATTERING

This is the method for sowing fine seed, usually flower seed like Namaqualand daisies and scatter packs (instant mixes).

Good to know: Mix the seed with vermiculite. The seed sticks to it and makes it easier to sow them evenly. Use your hand or a plank to press the seed into the soil, sprinkle soil lightly over it and firm down again. This prevents the seed from blowing away.

SEEDLING TRAYS

Trays are ideal for smaller quantities of veggies, especially those with fine seed; also for early sowing when it's too cold to sow directly into the ground. Seed trays aren't suitable for veggies that develop tap roots like carrots and parsnips.

Good to know: A germination soil mix is readily available from garden centres. Make sure it's damp before sowing and check the seed packet for the recommended sowing depth. Place the seed trays in an area with good light, but not direct sunlight.



THE GOLDEN RULE

Don't let the soil dry out while the seeds are germinating. When the little tips emerge from the seeds they dry out very quickly unless the soil is moist. In very hot weather, water lightly twice a day or cover the beds with shade cloth, slightly raised above the ground.

Good to know: Create a micro-environment after sowing by dampening the soil with a fine spray, using a spritzer bottle (A) then cover the seed tray with a plastic shopping bag or clear plastic (B). This traps the moisture in, reducing the need to water while allowing in enough light for the seeds to germinate. If the soil starts to dry out, spritz it again. Remove the plastic once the seedlings start to grow.



CARE AND TRANSPLANTING

- Water regularly, but don't overwater. Start watering away from the seedlings, swish it over gently and finish watering away from the seedlings. The heavy drops at the beginning or end can displace the seeds. Use a fine nozzle on the hose or watering can.
- Feed seeds with organic Margaret Roberts Supercharger and repeat two weeks later.
- Deter snails with an organic snail bait like Ferramol.
- Transplant seedlings only when they have developed the second set of true leaves (1), or when they are big enough to handle.
- Disturb the roots as little as possible when transplanting by keeping a clump of soil around the roots and holding the plant by the stem and leaves (2).
- Thin out seedlings that are too close together. Leave the stronger plants and snip off the others at ground level with kitchen scissors (3). **GMH**

SOURCE Kirchhoffs 011 794 2316 or ballstraathof.co.za

COOL and calming

Natural ponds provide both tranquil views and a haven for wildlife

If you want to give your garden a more natural look, you can't go wrong with a pond. In addition to reflecting the sky and cloudscapes, ponds attract wildlife such as pond skaters, water beetles, frogs, dragonflies and a variety of birds. Plus the amazing diversity of water plants available brings new planting opportunities. They also provide breathing space in heavily planted areas.

WHERE

- A pond should always look as if it belongs there naturally. Position it in a dip or hollow at the bottom of a slope or tuck it into a natural contour in the curve of a bed where water can sink to the lowest spot.
- In a more formal garden, integrate a natural pool by maintaining the formality near the house then gradually introduce more natural landscaping and curves

further away. Concrete and decking surrounds add a contemporary look.

- A sunny position is preferable, especially if you want plants like water lilies to flower. Ponds can also work in shade but there'll be an accumulation of leaf litter in the water. ▷

▲ The edges of this wildlife-friendly pond were planted to provide shelter for birds and aquatic creatures while water plants, such as reeds and irises in the adjacent marsh area help keep the water clean.

- ▶ A series of ponds linked by narrow channels runs through this garden in Durban. This section has a shallow shelf for birds and is surrounded by indigenous strelitzias, agapanthus and red-hot pokers.





▲ This pond adds rustic appeal to a relaxed garden. Water flows from a circular bowl shallow enough for birds to drink from then cascades down the central stone pillar.

POINTS TO CONSIDER

SIZE This should be in proportion to the area where you've chosen to build it.

SHAPE To make it look as realistic as possible and to integrate it with the rest of the garden, a free form with natural sweeping curves is best. The smaller the pond, the simpler the shape and the more gentle the curves should be. Use a garden hose or a piece of string to mark out an approximate size and shape.

DEPTH When digging the hole, replicate the lines of a meandering stream or river. On the outer curve, cut away the soil vertically while the inner curve should be



▲ Water-loving plants such as reeds, sedges and Louisiana irises were planted around the edge of this open sunny pond providing the perfect breeding place for dragonflies. Stones were used to disguise the plastic lining and protect it from UV rays.

shallow to resemble a beach. Include some deeper areas, about 50–75cm, as this helps maintain a constant water temperature.

Depending on the variety, water lilies require a depth of 50–75cm around the crown. They dislike water movement so don't put in a fountain or waterfall unless you can provide sheltered areas for them.

Create shelves around the edges for shallow-rooted and marsh plants such as *Crinum bulbispermum* (orange river lily) and *Hesperantha coccinea* (scarlet water lily). Large ponds can be as deep as 1,5m to ensure the centre stays free of plants as

they won't grow in water this deep.

Include shallower areas along the banks for marginal plants, such as Louisiana irises and *Gunnera perpensa* (river pumpkin) that like their 'feet' in water.

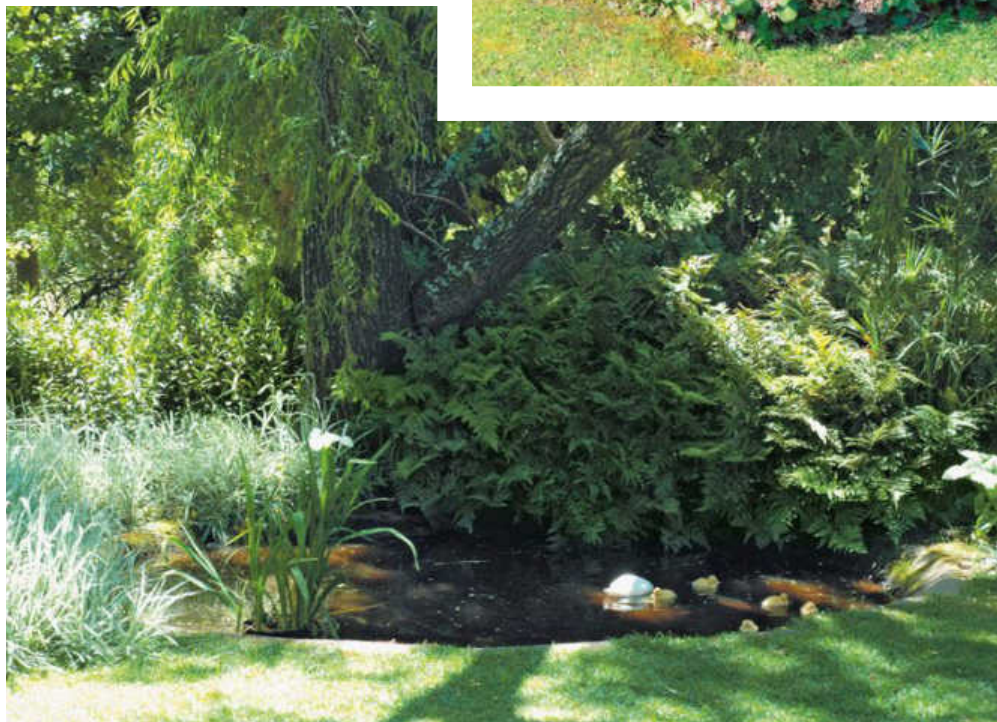
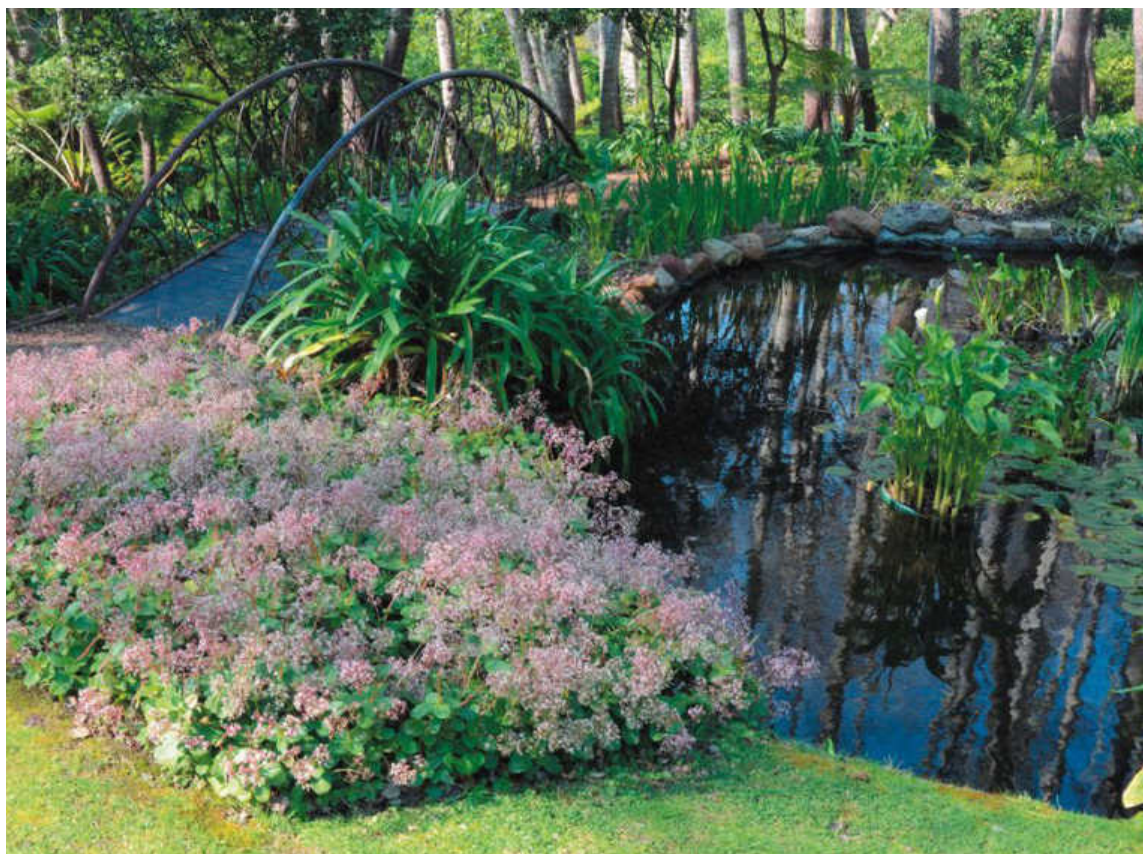
COLOUR Black and grey surfaces look more natural, and as they reduce reflected light, there's less algae. A drawback is that the water will be warmer, but to counteract this, include a deeper section.

HOW TO DO IT

● The simplest ponds are made of preformed plastic or fibre glass. Ideal for small suburban gardens, they're easily installed in a day. For a larger pond, place two together and hide the join with rocks and plants. **Tip:** Always use a spirit level to ensure the edges are level otherwise the water will overflow on one side and the edges will be exposed on the other.

► Water-loving plants grow in the gentle slope of this pool in the gardens of the Cellars-Hohenort Hotel, Cape Town. White arums add dimension, and on the left, is shade-loving fairy crassula. The reflections of the tree trunks add to the woodland atmosphere.

▼ This simple PVC-lined pond satisfies the resident ducks' need for water and keeps them away from the owner's swimming pool. Although there's some leaf litter from the tree, the shade minimises the growth of algae.



- Dig a hole and line it with waterproof lining. Use a heavy-duty PVC or one of the new vinyls which are more flexible and can be welded together rather than glued. **Tip:** Lay newspaper in the hole before adding the liner in case there are sharp objects which could pierce it.
- A concrete base must be treated with a waterproofing agent like MatCrete with Flexbond solution from Cemcrete painted over a woven polypropylene fibre available from Cemforce.

FILTERS AND AERATION


- Ponds, especially those stocked with fish and ducks, will in addition to aquatic plants, need some form of filtering and aeration to keep the water clean.
- Waterfalls and fountains are an added attraction. Water pumped from a height

will help circulate the water, while plants like reeds and grasses planted en masse in a marsh area act as natural filters.

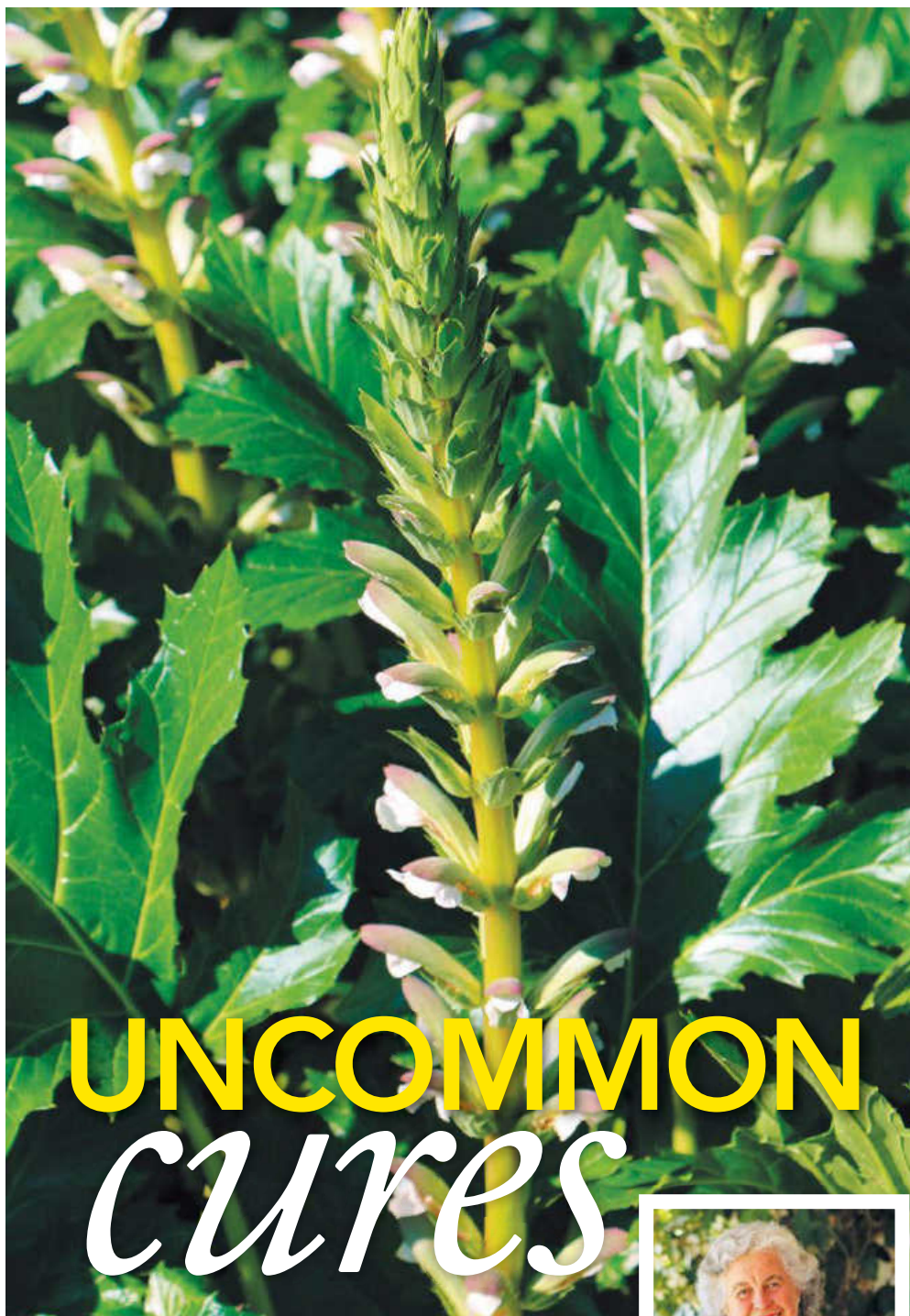
PROTECTING FISH FROM PREDATORS

- Provide some sort of vegetation where fish can hide under leaves or among rocks.
- Netting is the most effective but is visually obtrusive. As an alternative, string fishing line in a zig zag pattern across the pond. As it's virtually invisible, it's less distracting.
- Fake snakes will deter predatory birds, but only for a while.

FOR A BIRD-FRIENDLY POND

- Place rocks in and around the pond to give birds a place to land when they want a drink.
- Create a gently sloping 'beach' to make access to the water easy. As plastic is slippery, try covering it with marine glue and spreading pebbles or a layer of coarse sand on top. The glue must be non-toxic and compatible with the liner. 

SOURCES Cemcrete cemcrete.co.za Cemforce cemforce.co.za



UNCOMMON cures

In this extract from her latest book, *100 New Herbs*, herb pundit Margaret Roberts explores the medicinal uses of lesser-known plants



ACANTHUS (ACANTHUS MOLLIS)

Acanthus is an old-fashioned perennial and one of nature's tried-and-tested wound-healing plants.

GROWING Reaching up to 1m high, acanthus thrives in shady areas in rich,

deeply dug soil. I use a mix of half topsoil and half compost and add bonemeal and rock dust (volcanic ash), one cup per hole, sprinkled around and dug in. Water the plant deeply twice a week in summer and once a week or less in winter. Plant three plants together in one hole, spaced in rows



30cm apart. They become almost dormant in cold winter areas and need to be cut back. Give them a dressing of compost and rock dust to encourage new growth.

PROPAGATION Acanthus establishes itself easily, self-seeding readily in cool, shady places.

HARVESTING Pick the leaves throughout the growing season and use fresh.

HEALING PROPERTIES Acanthus leaves are wonderfully soothing when warmed. Wrap a fresh leaf or two over an aching back, aching feet or on sore shoulders and then lie in a hot bath. The leaf sap and juices, together with the warm water, ease away tension and strain. The addition of Epsom salts makes it a relaxing, skin-softening ritual.

ACANTHUS AND EPSOM SALTS BATH

2 cups Epsom salts

1 cup chopped acanthus leaves and stalks

Mix the Epsom salts and acanthus together; tie them up in a butter muslin square. Dip the bundle in the hot water and rub it with soft soap, then massage all over the body, especially the neck and shoulders. Lie back in the bath and relax.

PHOTOGRAPHS SANDY ROBERTS ALTHOUGH NATURAL, HERBAL REMEDIES CAN BE TOXIC. CONSULT YOUR DOCTOR BEFORE USING THEM. CHILDREN AND PREGNANT WOMEN SHOULD BE PARTICULARLY CAUTIOUS.



BLACKJACK (*BIDENS PILOSA*)

Surprisingly, virtually all the *Bidens* species (some 200 of them) show antibacterial and antiseptic action, and some even have anti-diabetic properties.

GROWING This prolific weed appears in almost every garden in any soil where it grows up to 50cm high in sun and partial shade. Its prickly black needles stick to everything, spreading rapidly, especially on disturbed land.

PROPAGATION An annual, blackjack self-seeds easily.

HARVESTING Pull up whole plants and use them fresh. Wash the roots well. In very cold areas, dry whole plants for winter use by spreading over trays covered with sheets of brown paper. Store the dried herb to use in teas and washes.

HEALING PROPERTIES Blackjack is a powerful antioxidant and a long-known anti-inflammatory. It's also highly active

against malaria and the herpes simplex virus. I learned from different tribes that a tea of fresh blackjack leaves helps 'the old people' with their sore throats, chesty coughs, mucus, aching joints and chronic diarrhoea. Eczema, psoriasis, rashes, itchy skin, hepatitis and bladder and kidney ailments all benefit from blackjack tea. The tea should be cooled and splashed onto the skin and simultaneously taken as a drink.

BLACKJACK TEA

1 cup boiling water

½ a cup crushed young leaves, stems and roots (don't use mature plants with flowers and seeds)

Pour the boiling water over the leaves, stems and roots. Stir thoroughly and leave to draw for 15 minutes. Strain and sip slowly. Blackjack tea is excellent for clearing the chest. To soothe the symptoms of acute conditions like malaria, flu and bronchitis, drink two cups (morning and evening), or three cups (morning, noon and evening), for 3–4 days. Give children a half or even a quarter dose. The tea can also be used as a warm, soothing wash for insect bites and haemorrhoids.



CREeping JENNY (*LYSIMACHIA NUMMULARIA*)

This perennial has a long history in its native Europe and was packed in moss, wrapped in bulrush leaves and taken to the battlefields in soldiers' travelling bags. Teas made from the herb were given to wounded soldiers and the sprigs were bound as a compress for wounds.

GROWING Plant it in well-dug, richly composted moist soil in full sun or partial light shade. Growing 5cm high, it spreads evenly. Where the runners touch the ground they root easily, finding places against curbs, rocks and stepping stones. It demands little attention other than watering so keep the soil lightly cultivated all around it and water it twice or even three times a week.

PROPAGATION Chop the runners off with a sharp spade and press immediately into bags of richly composted, moist soil. Keep them watered, shaded and protected. After two months, gradually move the now sturdy little plants out into the sun for a short while, increasing the time each day. Keep them well watered.

HARVESTING Pick the leafy sprigs throughout the year and make a tea with honey or use as a lotion.

HEALING PROPERTIES Creeping Jenny tea has been used for centuries to ease coughs, sore throats and bronchitis and to loosen phlegm. The tea, taken three or four times during the day, was also a remedy for diarrhoea, digestive disturbances, colic, flatulence and nausea. To make the tea: Pour a cup of boiling water over ¼ cup fresh sprigs; let the tea stand for five minutes and then strain and sip it slowly. ▷



MONDO GRASS (OPHIPOGON JAPONICUS)

Mondo grass is a perennial evergreen groundcover that grows in 15cm tufts. It's characterised by its neatness, adaptability and attractiveness along walkways, as a border plant, between pavers and in green banks and vertical gardens. This plant has been part of traditional Chinese medicine since the first century AD.

GROWING Plant it in well-dug, well-composted soil in both full sun and light shade. Prepare the ground with lots of good compost, bonemeal and rock dust, mixed together in the ratio 4:1:1. This formula ensures several years of excellent growth. Every 3–4 years, dig out the clumps, discard the soil in which they have been growing to a depth of 30cm, and then dig again, adding the formula,

a spade or two every half metre. Space plants about 10cm apart and water slowly so the water can reach the roots and swell the tubers. I let a hose trickle in 2–3 times a week, less in winter. It'll take frost, winds, searing heat and even hailstorms. In summer, sprays of pale mauve or white flowers appear which turn into blue-purple 'berries'. Left to dry on the plant, the berries are filled with tiny seeds that germinate well.

PROPAGATION This is done mainly by separation of the tufts or from seed. Propagate at any time of the year except the coldest months. Water well first, then dig out a clump and divide it by gently pulling out the small tufts and their fibrous roots and small thickened tubers. Replant in bags filled with soil mixed equally with compost. Keep moist and protected in the shade until established. Then move out into light shade for at least a week to strengthen before planting them out permanently.

HARVESTING To harvest the roots, water well, then pull up the edges of the clump and use a small fork to gently lift the roots. Mondo grass is a hardy perennial and can be harvested at any time of the year.

HEALING PROPERTIES The ancient Chinese used the underground roots and tubers and the lower parts of the linear leaves to make a traditional tonic tea called the 'Emperor's longevity tonic'. To get the full benefit, make the tea at least twice a week. The Emperors are recorded as taking ½–1 cup daily in times of anxiety and fatigue. Like all herbs, take it daily for a week or two and then break for a few days before resuming.


EMPEROR'S LONGEVITY TONIC

1 cup fresh mondo grass roots and the base of the leafy tufts

4 cups water

1 thumb-length piece of cinnamon

6 lightly bruised cloves

Simmer the ingredients in a stainless steel saucepan for 15–20 minutes with the lid on, stirring frequently. Set the brew aside to cool. Drink it either hot or cold – half a cup twice a day, sweetened with honey, if desired, 2–6 slices of ginger root and a squeeze of lemon juice in winter. 

SOURCE Text and images from **100 New Herbs** (Struik Nature) by Margaret Roberts. We're giving away three copies worth R270 each. To enter, **SMS ROBERTS**, your name and e-mail address to 48406. An SMS costs R1,50, errors will be billed and free SMSes don't apply. For full Ts&Cs, see page 107.



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GOURMET LUNCH

Into the WOODS

Renowned KZN chef and cookbook author,
Jackie Cameron serves a forest-themed lunch
under the trees

MENU

ANGELFISH WITH
NORI-SESAME CRISPS



STUFFED CHICKEN BREAST
WRAPPED IN MOROGO
WITH PEARL ONIONS



DECONSTRUCTED TIRAMISU

TEXT CANDICE BOTHA PHOTOGRAPHS SALLY CHANCE THESE RECIPES ARE SUPPLIED BY THE ENTERTAINERS. AND WHILE EVERY EFFORT IS MADE TO ENSURE THEY ARE CORRECT, THEY HAVEN'T BEEN TESTED BY GARDEN AND HOME



Kate Cousins, Carla Schulze and Cara Conway

“knew I wanted to be a chef from a tiny tot,” says Jackie Cameron. “My sister and I often spent holidays with our grandparents and both my grandmothers cooked – one, traditional roasts and all the trimmings, and the other, baked goods – and I was cooking with them from the age of three.”

This love of food continued into her school days where Jackie excelled at Home Economics to the point that the external examiner of her Matric exam proclaimed that there was nowhere else for her but Christina Martin School of Food and Wine. “I was as intrigued by Christina’s business mind as much as her skill in the kitchen,” recalls Jackie who has long nurtured a dream of opening her own school of food and wine. “I began planning how it would all work about seven years ago,” she says.

In 2015, the dream became a reality when the first group of students were enrolled at the Jackie Cameron School of Food & Wine in Hilton in the KZN Midlands where Jackie and her parents converted her childhood home into a state-of-the-art chefs’ academy.

In addition to the full-time courses, the school offers demos such as a Wednesday morning breakfast where guests can learn to cook their eggs to perfection and Friday evening Weber courses.

Despite her busy schedule, Jackie loves to entertain. “One thing I learnt from my mother and grandmothers is to do things properly so I always go over the top and make it an occasion,” she says. “I find that the details including the menu, fall into place easily if you have a theme.” As the Midlands offers such beautiful outdoor settings, Jackie set up her table under the trees and used the forest as inspiration. “I love to collaborate with people and Kerry Dinkleman of Kerry’s Flowers and Decor helped with the table incorporating copper accents, raw wood placemats, trailing ferns and delicate white blooms.”

Continuing the theme, Jackie included edible nasturtium leaves, edible moss foraged from her garden, broccoli trees, mushrooms and chocolate soil, turning each dish into a little forest vignette. ▷

See the full recipe
for this dish at
gardenandhome.co.za



ANGELFISH WITH NORI-SESAME CRISPS

(Serves 6)

350g angelfish, skinless and boneless, cut into small cubes (5 cubes per person)

FOR THE MARINADE

*60g salted butter
200g onions, finely chopped
30ml freshly squeezed lemon juice*

90ml soya sauce

15ml sesame seed oil

FOR THE NORI-SESAME CRISPS

15ml cake flour

30ml water

40ml black sesame

*seeds, roasted
40ml white sesame seeds, roasted
4 sheets nori seaweed*
sunflower oil, for frying*

TO SERVE

*fresh green vegetables such as cucumber, leeks, celery and asparagus
avocado purée, green micro herbs and moss** (optional)*

1. To make the marinade, heat the butter in a frying pan then sauté the onions on a low heat until well cooked and transparent.
2. Add the lemon juice, soya sauce and sesame seed oil, bring the mixture to the boil

QUICK CHAT WITH THE COOK

My cooking style is heritage food with a lot of heart. Every dish has a story or a memory behind it.

No dinner party is complete without bubbly and fabulous coffee.

The kitchen gadget I couldn't live without is the simple sieve to a Thermomix.

If I had just one recipe book, it would be the classical French cookbook, *Larousse Gastronomique*.

My store cupboard staple is pickles and preserves to accompany my regular cheese cravings.

My favourite comfort food is spaghetti bolognese.

The best thing I ever drank was a super light, cloud-like hotdog of a mojito at elBulli a few months before Ferran Adrià closed his world-class restaurant. The mouth feel and texture were like nothing I had ever tasted.

When it comes to food, my family is all about doing things properly.



and allow to simmer for about 1 minute then remove from the heat.

3. Place the mixture in a blender for 5 seconds on a high speed until you have a creamy consistency.

4. Place in a bowl to cool slightly, add the angelfish cubes, cover and marinate for about 1 hour.

5. To make the nori crisps, mix the flour and water together to form a paste. Combine the roasted black and white sesame seeds.

6. Place one sheet of nori seaweed on a board, shiny side downwards. Brush with the paste and sprinkle over half the sesame seeds. Brush another nori sheet with the paste and stick the two sheets together, one on top of the other.

7. Repeat with the remaining two sheets so you have two double layers.

8. Using scissors, cut the nori-sesame sheets into blocks and fry them in the heated oil until crispy. Set aside on paper towelling.

9. To serve, place a few fresh green vegetables in the centre of each serving plate. Arrange 5 cubes of fish around them. Pipe on blobs of avocado purée, sticking the micro herbs into them. Place 5 nori-sesame crisps on each plate and garnish with the moss, if using.

COOK'S NOTE *Nori seaweed is available at most large supermarkets. **I use moss taken from a damp spot in my garden and soak it for 3 days in water that's changed regularly.



Elaine Boshoff and Jackie Cameron

STUFFED CHICKEN BREAST WRAPPED IN MOROGO WITH PEARL ONIONS

(Serves 6)

6 chicken breasts, skinless
12 large morogo or spinach
leaves, washed and white
vein removed

FOR THE STUFFING

30g salted butter
6 slices streaky bacon, chopped
195g onions, finely chopped
16g garlic, crushed
200ml cooked barley
crumbs of 1½ slices fresh
white bread
3 eggs
Oryx Desert Salt
black pepper

FOR THE PEARL ONIONS

3 large pickling or baby onions,
halved, skin on
125ml beef or chicken stock
15g salted butter
10ml balsamic vinegar

TO SERVE

mushroom and butter bean
purée, broccoli florets, enoki
mushrooms, garlic chips, Parma
ham, Greek yoghurt, spinach
purée and red wine sauce

1. Place a chicken breast in between plastic wrap and

flatten it out with a rolling pin. Repeat this with all the breasts then place them in the fridge.
 2. To make the stuffing, melt the butter in a pan, add the bacon and sauté well.
 3. Add the onions and garlic and sauté until the mixture becomes well caramelised.
 4. Remove it from the heat. Keeping the pan warm, add the barley, breadcrumbs and eggs and season with the salt and pepper. Place the stuffing mixture in the fridge for a few hours or overnight to firm up.
 5. Place a long sheet (30cm) of plastic wrap on a working surface. Cover it with 2 morogo or spinach leaves. Place a chicken breast on top of the morogo or spinach with the inner side facing the

spinach. Measure out about 85g of the stuffing mixture and place this on top of the chicken breast, pressing it out over the breast.

6. Tightly roll the chicken breast up in the plastic wrap with the spinach on the outside, making sure the breast and stuffing remain neatly inside. Tie the ends of the plastic tightly on both sides. Repeat this with the remaining chicken breasts.

7. Place all the rolled breasts in a large pot of boiling water and boil for about 13–15 minutes.

8. Remove from the water, allow to cool slightly, remove from the plastic wrap and slice.

9. To make the pearl onions, preheat the oven to 200°C. Place the onions in a small

oven pan, add the stock and cover the tray with foil. Bake in the oven for about 20 minutes, until they're soft.

10. Melt the butter in a frying pan, and once the pan is very hot, place the onions in it cut side down and add the balsamic vinegar. Sear them well for 30 seconds. Remove from the pan, allow to cool slightly, then take the onion layers apart to form little onion scoops.

11. Serve the sliced chicken breast with mushroom and butterbean purée, pearl onions, broccoli, mushrooms, garlic chips, Parma ham strips and dollops of Greek yoghurt. Pipe the spinach purée on here and there and drizzle with the red wine sauce. ▷

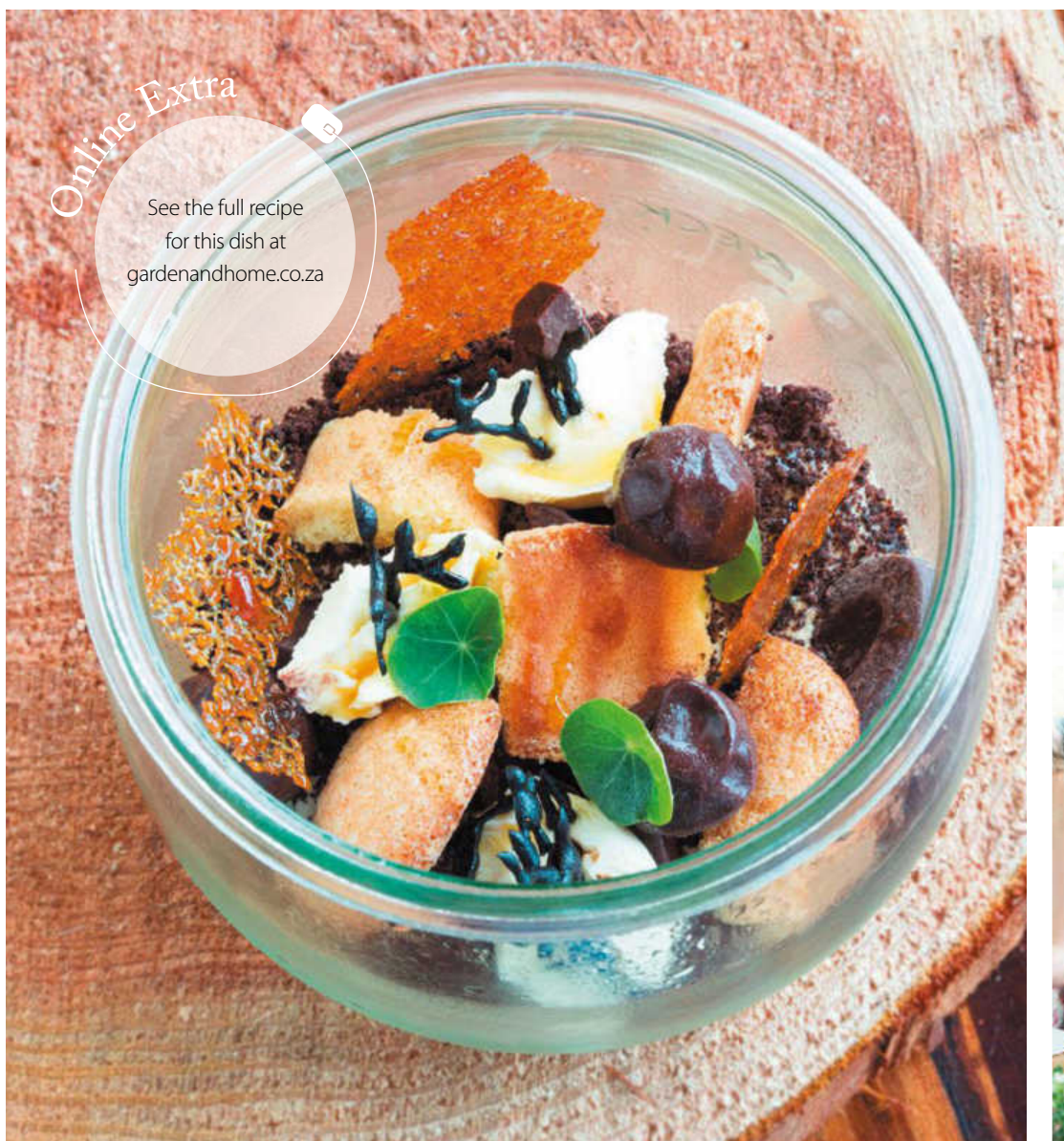


Online Extra

See the full recipe
 for this dish at
gardenandhome.co.za

Online Extra

See the full recipe
for this dish at
gardenandhome.co.za



Kate Cousins



Cara Conway

DECONSTRUCTED TIRAMISU

(Serves 6)

FOR THE ESPRESSO PARFAIT

2 egg yolks
65ml caster sugar
15ml good quality instant
coffee powder

10ml hot water

25ml Kahlúa

250ml cream, whipped

FOR THE COCOA SORBET

(Makes 1ℓ)

700ml water

192g white sugar

90g good quality cocoa powder

EXTRAS

60ml mascarpone

30ml maple syrup

30ml Kahlúa

45g dark chocolate, cut into

chunks (3 chunks per dish)

lady finger biscuits

TO SERVE

baby nasturtium

leaves (optional)

cocoa branches, sugar brittle

and lady finger biscuits

125ml freshly brewed espresso

1. To make the parfait, whisk the egg yolks and sugar together until light and fluffy.

2. Dissolve the coffee powder in the hot water, mix in the Kahlúa and add to the egg-sugar mixture. Fold in the whipped cream.

3. Divide the espresso parfait into 6 ramekin dishes, creating a smooth layer at the bottom. Place in the freezer to harden.

4. To make the cocoa sorbet,

place all the ingredients in a pot and heat until the sugar has dissolved, making sure it's well infused.

5. Freeze the mixture in an ice cream machine according to the manufacturer's directions. If you don't have an ice cream machine, place it in the freezer and whisk every 30–45 minutes until frozen into a light, fluffy sorbet.


6. When ready to serve and the espresso parfait is frozen, place 3 blobs of mascarpone in each serving dish on top of the espresso parfait. Drizzle 5ml maple syrup and 5ml Kahlúa over each dish adding 3 chunks of chocolate in each.

7. Roughly break up a few of the lady finger biscuits and

place 5 pieces in each dish.

Store the left-over biscuits in an airtight container.

8. Using a Parisienne scoop or melon baller, roll out 3 balls of cocoa sorbet for each serving and garnish with the nasturtium leaves, the cocoa branches, sugar brittle and more lady finger biscuits.

9. When serving the dessert, drizzle about 15ml of hot espresso over each dessert. This can be done at the table in front of your guests. 

SOURCES Kerry's Flowers

and Decor 033 347 2706 or
kerrydinks@mweb.co.za

**Jackie Cameron School of Food
& Wine** jackiecameron.co.za

A French affair

Set the table for a special lunch this weekend. Président's quality butter and cheese range will help you create indulgent dishes that are just si délicieuse!



GRILLED ASPARAGUS WITH A CREAMY CAMEMBERT SAUCE

1. Bring a saucepan of salted water to the boil. Cook 500g asparagus for 3 minutes. Drain and refresh in a bowl of ice water.
2. Cut the skin from 1 x 125g **Président Camembert** and place in the microwave for 2 minutes or until the cheese is melted.
3. Melt 15g **Président Salted Butter** in a frying pan, add 80ml white wine and reduce by half, then add 60ml cream and the melted **Président Camembert**. Simmer for 1 minute. Remove from the heat.
4. Cut 60g cold **Président Salted Butter** into cubes and add 1 cube at a time to the sauce while whisking. Whisk the mixture until all the butter is used up and the sauce starts to thicken. Set aside.
5. Heat a griddle pan over high heat. Toss the asparagus with 30ml olive oil and season with salt and black pepper. Grill for 2 minutes each side then serve with the Camembert sauce.



Président's natural French butter is known for its creamy texture. Visit www.parmalat.co.za for more information on the Président range.

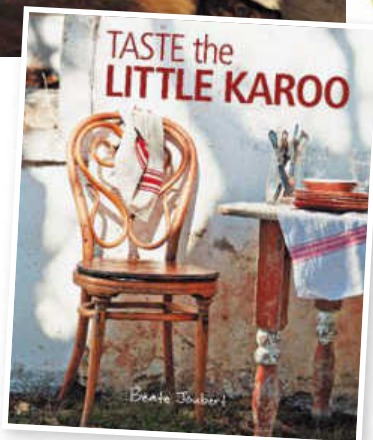


Bon appetit

Get a taste of what's new in the culinary world

LOCAL Flair

Discover recipes that capture the heart and essence of the Karoo in Beate Joubert's cookbook, *Taste the Little Karoo* (Struik Lifestyle), R285. Find the recipe for this colourful Gruyère Salad on our website, gardenandhome.co.za



A GOOD start

Start the day on a healthy note with an oat, banana and fig breakfast smoothie. All you need are a couple of Jungle Oats products and a Russell Hobbs Smoothie Maker. This month, we're giving away a Jungle Oats hamper as well as a Russell Hobbs Satin Smoothie Maker worth R1 500. To enter, **SMS SMOOTHIE**, your name and e-mail address to 48406. An SMS costs R1,50, errors will be billed and free SMSes don't apply. For full Ts&Cs, see page 107.



WIN!

THE DAILY GRIND

The best way to release the true flavours of herbs and spices is to grind them in a pestle and mortar like this addition, R399, to the My Butchers Block range. Visit mybutchersblock.co.za



Sherry GOOD

Sherry is more than just an aperitif. Try it in cocktails like this sexy Apple Pie Martini made with Monis Full Cream, R78 per bottle. You'll find the recipe on our website. For more information and other cocktail recipes, visit moniswines.co.za



SUPER SNACKS

NuSeed snack packs are perfect for lunch boxes, as an in-between treat and sprinkling on salads and vegetable dishes. They're available in sweet and savoury flavour combinations such as Soy Infused Roasted Seeds and Belgian Chocolate with Berries, Seeds and Nuts, R42,50 for a box of 6 x 30g sachets. nuseed.co.za

WHAT'S ON

3 - 4 MARCH FNB Eastern Cape Wine Show

Taste over 150 of South Africa's best wines at Hemingways in East London. Plus visitors can stock their wine cellars via the Shop@Show retail facility. Tickets are R160 and can be purchased at Computicket.com Visit easterncapewineshow-el.co.za

6 MARCH Eikendal Estate Weintaufe

Celebrate the harvest with an alfresco feast on the lawns of this popular wine estate. Tickets, available at the gates, are R50pp and include a free glass and tasting from the barrel. Call 021 855 1422 or e-mail counter@eikendal.co.za

12 MARCH Muratie Harvest Festival

The Melck family are hosting their annual Harvest Festival with good food, fine wine and lots of grape-stomping fun. Tickets are R50pp. Call 021 865 2330 or e-mail taste@muratie.co.za

12 - 13 MARCH Stellenbosch Vineyards Pizza & Wine Festival

Experience a great combination of pizza, wine and live music. Tickets, R120pp, include entry, a tasting glass and tasting coupon. Additional coupons can be purchased on the day. Book via webtickets.co.za [GEN](http://www.gen.co.za)

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Wine lovers, particularly the eco-conscious, will find Van Loveren's great tasting range of Tangled Tree wines hard to resist. With a choice of five wines, the Green Range not only pays tribute to the colourful history of this family-owned winery, it comes in fully recyclable PET bottles. Look for its signature tangled tree logo inspired by Jean Retief's planting of a *Rhus lancea* tree in 1941, beginning a family tradition of planting trees to mark significant events.

The Tangled Tree range includes: Tropical Sauvignon Blanc which has abundant tropical fruit fragrance and a crisp finish, Butterscotch Chardonnay with expressive aromas of crème brûlée and citrus, Moscato Rosé with upfront muscat and rose petal flavours, Chocolate Cabernet Sauvignon features coffee and mocha flavours, and Spicy Shiraz boasts a spicy nuance of rich red berry essence.

Visit vanloveren.co.za

TERMS AND CONDITIONS: 1. This offer is valid for SA residents and hard copy subscribers only, and expires on 31 March 2016. 2. Please allow three weeks for processing. 3. For foreign subscriptions, phone +27 21 530 3382 or send a fax to +27 21 531 7303. 4. Those who purchase or renew a 12- or 24-month subscription before this offer expires will go into a loyal subscribers' lucky draw where 10 subscribers will each win a hamper of Tangled Tree wines worth R1 800, delivered to their door. Only SA readers above 18 years of age with a day-time delivery address where our courier can deliver will win the prizes. 5. Six-month and digital subscriptions are not eligible for entry to prize offerings. 6. The judges' decision is final and no correspondence will be entered into. 7. The prize is not transferable and cannot be converted to cash. 8. Employees of Van Loveren, CTP Caxton, their advertising agencies and immediate families are not eligible for entry to prize offerings. 9. The winners will be required to supply their ID numbers and their names will be posted on our website. 10. By subscribing, you agree to receive direct marketing material from SA Garden and Home.

EFFORTLESS ENTERTAINING



Country FARE

Casual, rustic dishes that are easy to make and delicious to eat

TOMATO TARTE TARTIN

(Serves 4)

25g sugar

80ml water

30ml red wine vinegar

30g butter

500g vine-ripened cherry tomatoes, halved

50g sundried tomatoes, chopped

*45ml pesto**

5ml fresh thyme leaves, finely chopped

30g anchovy fillets, chopped (optional)

salt and milled black pepper

1 sheet defrosted, quality puff pastry, about 400g

TO SERVE

few micro leaves

basil leaves

1. Preheat the oven to 190°C.
 2. Place the sugar and water in a shallow, heavy-based, ovenproof 20–25cm pan. Stir until the sugar dissolves.
 3. Stop stirring and heat until the mixture turns a golden caramel colour.
 4. Remove from the heat and carefully add the vinegar and butter. Swirl the pan to distribute the mixture evenly.
 5. Place the tomato halves cut side up over the base of the pan, fill in the gaps with the chopped sundried tomatoes. Top with the pesto, thyme and anchovies, if using. Season with salt and pepper.
 6. Roll out the pastry on a lightly floured surface and cut out a circle about 1,5cm larger than the base of the pan.
 7. Lay it on top of the tomatoes, tucking the edges in all around and bake for 25–30 minutes.
 8. Let it stand for 5 minutes, before inverting onto a serving plate.
 9. Serve warm or at room temperature, topped with fresh basil and micro leaves.
- COOK'S NOTE** *Use traditional basil pesto. Alternatively try onion marmalade, olive tapenade or red pepper hummus to create interesting flavour combinations.

GET MORE ONLINE

For other dishes with interesting flavour combinations, visit gardenandhome.co.za

MOROCCAN MEATLOAF

(Serves 6–8)

250g streaky bacon

10ml olive oil

1 small red onion, finely chopped

2 cloves garlic, crushed

5ml cumin seeds, lightly crushed

10–15ml harissa paste

5ml paprika or smoked paprika

3ml ground cinnamon

1ml ground ginger

750g beef mince

45ml fresh coriander, chopped

15ml fresh parsley, chopped

15ml fresh mint, chopped

1 egg, beaten

100g fresh white breadcrumbs

salt and milled black pepper


TO SERVE

fresh or prepared arrabiata or neapolitan sauce (optional)

*Parmesan mashed potatoes**

seasonal greens, such as green beans or broccoli

1. Preheat the oven to 180°C.
2. Grease and line a loaf tin with baking paper. Line the tin with overlapping slices of streaky bacon, allowing them to hang over the sides of the tin.
3. Heat the oil in a pan and gently fry the onions and garlic for 4–5 minutes. Add the cumin seeds and fry for 1 minute.
4. Stir in the harissa paste, paprika, cinnamon and ginger. Transfer the mixture to a mixing bowl and allow to cool completely.
5. Once the mixture is cool, add the remaining ingredients including the mince and mix until well combined.
6. Press the mince mixture into the loaf tin, on top of the bacon. Smooth the top and cover with the overhanging pieces.
7. Bake in the oven for 45–60 minutes, or until juices run clear when pierced with a knife. Allow to stand for 5 minutes, before inverting it on a serving board.
8. Serve sliced with arrabiata or neapolitan sauce, Parmesan mashed potatoes and seasonal greens.

COOK'S NOTE *Add a dollop of mascarpone and finely grated Parmesan cheese to your regular mashed potatoes. 



Like a shopping list?

Visit gardenandhome.co.za and go to Our Mag, then Current Issue to download the shopping list for this menu.

DESTINATIONS

A CROATIAN *Odyssey*

Lured to Croatia by visions of blue seas, yachts and island hopping across the Adriatic Sea, Jane Griffiths discovered much more



The wooden boardwalk floating above turquoise water curved ahead of me. Feathery waterfalls, entwined with ferns and moss, trickled down a gnarled travertine bank. Above, limestone cliffs, framed by forests, arced into the sky. As I stopped to marvel at the reflections, the stillness was broken by a croak coming from the reeds. Although millions of people visit Croatia's Plitvice Lakes every year, at that moment it was just me and a frog.

Croatia lured us with brochures of beaches, yachts and island hopping across the Adriatic, but we discovered so much more. Although there's evidence of the civil war that raged from 1991 to 1995, the country has made a remarkable recovery and its natural beauty remains unchanged.

Plitvice Lakes National Park lies in a mountainous karst region of Central Croatia, an easy hop from the capital Zagreb. Plitvice almost rhymes with *witblitz* – a discovery made while drinking fiery home-made cherry liqueur after a day's hiking through a gorge, where 16 pristine lakes are connected via cascades and waterfalls. At the heart of this UNESCO World Heritage site is a finely balanced natural phenomenon. As limestone erodes, it forms calcium deposits that, together with algae and moss, create ridges, natural dams, lakes and waterfalls. Rustic walkways snake for kilometres through forests, behind water curtains and alongside lakes.

From the lakes we headed to the Adriatic Sea with Zadar being our first stop on the Dalmatian coast. The Old Town, enclosed by medieval city walls, is set on a promontory jutting into the sea. Marble steps on the quay lead down to the water and hidden underneath is a Sea Organ, created by artist Nikola Bašić. As the waves ebb and flow through the organ pipes, they produce a fluid and haunting tune.

We sat on the steps and listened to the sea singing while the sun set. As the sky turned orange, we walked to another collaboration between this artist and nature, 'Sun Salutation'. A 22m-wide circle of solar panels is set into the paving on the peninsula's western point. During the day it mimics a pool by reflecting blue sky, but as night falls, the panels come alive with a pulsing, psychedelic display of coloured lights – a natural disco.

In the Old Town of Zadar, we found similar ➤

THIS SPREAD, CLOCKWISE FROM LEFT:

- The Southern Dalmatian coast boasts yachts, beaches, islands and medieval towns.
- Boardwalks over Plitvice Lakes.
- Franciscan monastery columns.
- The 'Sun Salutation' in Zadar comes alive after dark.
- Zadar Old Town.



Jane's travel tips

NICE TO KNOW Although distances aren't considerable, the coastal roads are winding and speed limits are low, so plan accordingly.

MUST-SEE SIGHT The Museum of Broken Relationships in Zagreb has a quirky collection of relationship memorabilia that will make you laugh out loud and bring tears to your eyes.

VALUE FOR MONEY Picnics on the beach. Fresh fruit and vegetables, local cheeses and delicious smoked meats are available from the many fresh produce markets and road-side stalls.





Planning your trip

GETTING THERE Major airlines such as Turkish Airlines, Qatar Airways and KLM fly from OR Tambo to Croatia.

VISAS South Africans need a Croatian visa or a multiple entry Schengen visa. Visit schengenvisa.info

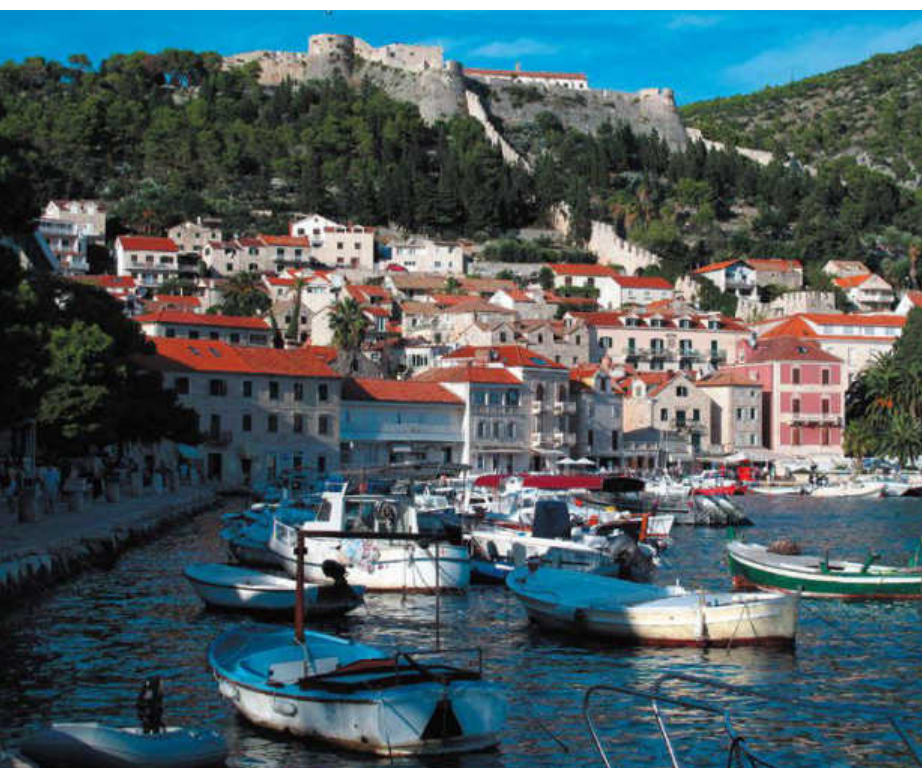
WHERE TO STAY Self-catering offers the best value and there are plenty to choose from.

GETTING AROUND Although sailing from island to island is touted as the thing to do, hiring a car is inexpensive and most islands are serviced by car ferries.

WHEN TO GO From mid-September to October and mid-May to June, places are less crowded, prices are cheaper and the weather is fabulous.

COST AND CURRENCY The currency is the Croatian kuna (HRK) HRK1 = R2,29. An average meal costs HRK60 – HRK120 and supermarkets are slightly more expensive than South Africa.

LANGUAGE The main language is Croatian but most people speak English.




contrasts where medieval churches rub shoulders with Mango and Michael Kors. Polished marble streets glisten and Roman ruins lie amongst pizza restaurants and ice cream sellers. We climbed to the top of the bell tower with its views across the Adriatic Sea and Velebit Mountain. Ancient bells that chime on the hour mingled with the electric guitar of a busker playing Pink Floyd's 'Shine On You Crazy Diamond'.

We drove to the nearby islands of Vir, Nin and Pag, all connected to the mainland by causeways or bridges. Pag is a lunar landscape with little vegetation. Sheep and grizzled people live on this windswept island and Pag is famous for its cheese. On Nin is the world's smallest cathedral, the Church of the Holy Cross, its austere white walls set off by purple lavender. On Vir, with its olive and fig trees, we found the classic turquoise waters that drew us to Croatia and we headed south.

This is fertile land and we stopped at roadside stalls bursting with figs, apples, kiwi fruit, prunes and grapes. With a shared enthusiasm for home-grown produce, I chatted to farmers and my pockets filled with gifts of unusual seeds. We overnighted in the historic town of Ston and feasted on oysters and mussels, farmed here since Roman times. The next day we walked along the ancient stones of Ston's other claim to fame – its Great Wall. Snaking over a hill, it connects Ston to its sister town, Mali Ston, 5km away.

Another day, another great wall: this time the more renowned one of Dubrovnik. These walls and their magnificent forts have surrounded this ancient town since the 7th century and in some places are up to 6m thick. No wonder they were never breached.

Circumnavigating the 2km-long ramparts, we looked down on the medieval buildings and streets of the Old City with its Franciscan monastery courtyards, Gothic-Renaissance cathedrals and washing hung outside the windows of apartments adjoining the wall. The history of the city is told from here with its most recent story narrated by the clay roofs. Clean red patches of new tiles are dotted amongst the mottled blues and green of the old. These are scars from the 1992 siege when Dubrovnik suffered enormous damage, its massive walls offering little protection from shelling from above.

On nearby Hvar island, we found our place in the sun and jumped off rocks into the Adriatic. We feasted on freshly caught fish and watched the yachts coming into the harbour, their bronzed passengers savouring a perfect Croatian island-hopping holiday. 

THIS SPREAD, CLOCKWISE FROM TOP LEFT:

- The harbour entrance to the Old City of Dubrovnik.
- St. Lawrence Fortress outside Dubrovnik. ● Hvar harbour. ● Alfresco dining between ancient walls.
- Abundant fresh produce. ● The world's smallest cathedral on Nin Island.

Collecting vinyl records with **NIK KOPFER**



This Cape collector is fascinated not only by the warm sounds of vinyl records, but also the stories of the musicians who recorded them



Although he was born in 1983, in the digital age of iPhones and Internet music, airline pilot Nik Kopfer is hooked on spinning his collection of more than 12 000 vinyl discs on his turntables.

At 15, he started DJ'ing at weekends and inherited his father Ben's record collection. "My father has great taste in music," he says. "He had recordings by Pink Floyd, Led Zeppelin, Queen and Dire Straits.

"Back then DJs were the only ones collecting records," he says. "I didn't do much about my collection until about 10 years later when I had my father's old turntable fixed. Once you have a good turntable your collection can take off.

"I got lucky when a record shop in Muizenberg closed down and I bought the whole stock of 15 000 records. I sold off about 3 000 in the last two years and kept

the ones I wanted," he explains.

This led to a small award-winning, online business, Vinyl Café, that Nik set up at home, selling records on the Internet. "The business was also a great way of connecting directly with other collectors and finding rare and unusual records.

"For most people, vinyl records are about nostalgia and rediscovering their memories," says Nik. "So recordings by ABBA and Bing Crosby are still hugely in demand. They were made by the thousands and have no rarity value, but are still great sellers."

Nik's collecting, however, is much more refined. Having worked in Gabon, Senegal and the Ivory Coast, he learnt about African musicians such as Fela Kuti and William Onyeabor from Nigeria and their recordings. The rarity value of African artists was confirmed by the recent

A BRIEF HISTORY OF VINYL RECORDS

The recording of sound dates back to the 1800s. The earliest recordings were made in 1857 by Leon Smit as tracings of sound waves on paper. Thomas Edison invented the phonograph for both recording and reproducing sounds 20 years later.

Flat discs were developed in the US in the late 1800s by Emile Berliner who called his system the gramophone.

Discs in various sizes and speeds made from a variety of materials dominated the home entertainment market until they were gradually overtaken by the digital compact disc (CD) introduced in 1983.

By 1988, CDs had overtaken the sale of gramophone records and vinyl records declined suddenly in popularity between then and 1991.

ABOVE RIGHT: Nick Drake's *Pink Moon* on the Island Records label from 1972.



CARING FOR VINYL RECORDS

- Have a shelf or area in your home that's dedicated to your vinyl collection.
- Always store your records upright as placing them on top of each other will cause 'dishing', or warping.
- Clean them with a carbon fibre brush.
- Avoid handling records on the grooves. Hold them on the outer rim and in the middle.
- Keep records and their covers in plastic sleeves.

sale of a 1970 recording of *Lazy Bones* by Witch, a Zambian band that sold for £5 500. "I'm passionate about the chase, in hunting down obscure music and finding out the stories behind the music," he says.

Over the years Nik's collecting has changed from the folk music of the likes of Joni Mitchell, Bob Dylan and Van Morrison to the Incredible String Band, Nick Drake and the more obscure Mellow Candle, a British folk rock band, as well as "lots of whimsical stuff from the '60s".

He's also an avid label collector, concentrating on those such as Vertigo that have a black and white psychedelic pattern. He paid £150, around R4 000 at the time, for a Vertigo label of the album *Affinity* recorded in 1970 by Linda Hoyle.

He has a double album by the Beatles from 1968 in a white dust cover stamped with a number and pressed in South Africa. The same album with a poster and pictures of each Beatle pressed in the UK and numbered from five to 10 (the first four being taken by the Beatles themselves), can fetch around £20 000. From number 11 onwards, the price drops to £1 000, Nik explains.

"The warm sounds of vinyl records just can't be beaten," he says. **GH**

TIPS FOR ASPIRING COLLECTORS

- "Records are rather like books: the rarest first pressings like first editions, being the most prized, and knowing which are valuable is essential," says Steve Segerman of Mabu Vinyl.
- "When shopping around for a record that has a clear sound and isn't scratched, you'll need to look into the grading attached to it. Record aficionados rate records from mint to bad," he says.
- "The crackle and pop of the sound and the dog-eared edges of the record sleeve all add to the charm of vinyl record collecting," says Nik. "There are those who buy and have an appreciation for new records, but in most cases, originals are still the best."
- "The original record will have certain details printed on its cover that a duplicate won't. You just have to know what to look for," says Nik. Price also plays an important role – don't assume that a record is definitely an original because of its price tag.
- Hunt for records at garage sales and flea markets.

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Pink Floyd's *Meddle*, released by Harvest Records in 1971, was recorded just before *The Dark Side of the Moon* propelled them to fame. ● *Space Hymns* recorded by builder-turned-prophet Ramases in 1971 for Vertigo with its black and white psychedelic label is worth about R500. ● Recording by Baobab of Gouye-Gui de Dakar made in 1976. ● SA guitarist Derek Gripper released *One Night on Earth: Music from the Strings of Mali* in 2012. It's worth about R1 500.

SOURCES Mabu Vinyl 021 423 7635 Vinyl Café vinylcafe.co.za

Treasure chest

What are your collectables worth?

This plate belonged to my great grandmother. It's in very good condition with no visible scratches or chips. The markings on the back are Wedgwood, Etruria, England, Made in England and the letters 5 and A7173. I would like to know its value.

Robyn Osborn,
via e-mail



"The numbers are the codes for the decoration which would probably pinpoint the date of manufacture. Unfortunately plates are seldom used as decorative items these days, so there's very little demand, even for pretty hand-painted ones such as yours," says Clyde Terry of Clyde on 4th. "It's worth about R495."

I bought this clock in the UK about 40 years ago. There's no name on the face but there's a horseshoe symbol on the mechanism with the letters ARTS and two crossed symbols that look like small golf clubs. It's inscribed with the words Made in France and the number 48 below it. Can you give me some idea of its history and value?

John Devere-Loots, Kloof

Warren Scheuer of Provenance Auction House says that this is a late 19th- early 20th-century slate mantel clock. The black marble case is very typical of the Victorian period. As these were mass-produced, it would have an auction estimate of R1 000 – R1 500.



THANKS TO OUR SPECIALISTS Paul Mrkusic Bancroft
011 784 6922 Warren Scheuer Provenance Auction House
provenanceart.co.za Clyde Terry Clyde on 4th 011 482 3266

FIND OF THE MONTH

Can you please give me a date and value for this cupboard? It belonged to my grandfather who came to South Africa from Germany in 1923. He borrowed £14 which he gave to my grandmother to buy what she could to bring with her. In depressed Germany she was able to buy a container and filled it with a piano, dining room suite, writing desk, a clock and this cupboard.

Peter Bode, via e-mail



Paul Mrkusic of Bancroft says, "This is a really nice piece of early 20th-century German furniture. It's sturdy, has good proportions and was constructed from hard timber. Sadly not many pieces are made like this today. What adds to its appeal is the mixed use it offers as a storage cupboard and a display cabinet. The care shown in its detailing, the lovely hand carvings, bevelled window panels and handsome inlay indicate that it was probably made in the 1920s, and despite some earlier references, there are hints of 1930's Art Deco in the design. I'd estimate a retail value of R12 000 – R15 000. **GH**

EXPERT TIP "WHEN BUYING PERIOD FURNITURE, MAKE SURE THE PIECE IS CONSISTENT WITH ITS AGE AND NOT OVER-RESTORED," SAYS PAUL MRKUSIC

WRITE IN AND WIN

EVERY MONTH we give away a *prize for the most valuable or interesting antique item sent in. This month **Peter Bode** has won a 1,5l hand-bottled and -labelled The Last One Shiraz 2013 in a presentation case together worth R1 215. Full-bodied, it has the light, peppery scent of ripe berries, perfume and spice. It's part of The Rhino Run range of wines launched by Van Loveren to focus on rhino conservation. Visit royalrhino.co.za or call 023 615 1505.

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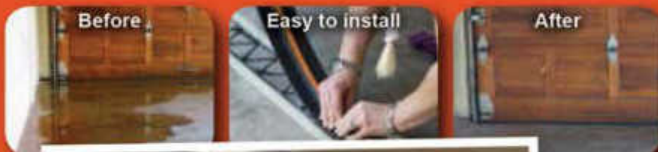
Send in clear photographs of collectable items to Treasure Chest, SA Garden and Home, Box 3124, Parklands 2121. Due to the volume of mail we are unable to respond personally or return photographs. Send e-mail submissions to gardenhome@caxton.co.za. Pictures must be sent as separate attachments at a size between 1MB – 2MB. Only one submission per reader will be accepted. For guidelines on the best way to take your photos for Treasure Chest, visit our website gardenandhome.co.za



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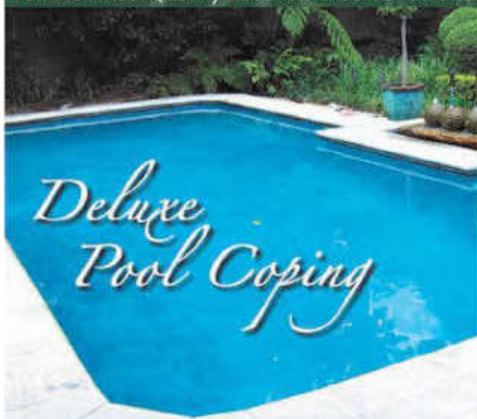
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HIGH FIVE

Through his minimalist office furniture, designer Leon Roodt of Ergoform in Cape Town, makes life at the office more comfortable and exciting. He shares a few of his favourite things

Leon Roodt's ambition was always to design and manufacture his own furniture. His first project was a disastrous attempt at an Imbuia desk for a varsity friend, who politely asked him to take it back and improve on the finish. "I definitely learnt from that experience and today I pride myself on the fact that I can make any one of our products myself – an important skill for a furniture designer as it teaches you what's possible."

Twenty five years later, Ergoform has a passionate workforce of 48. The company takes pride in its clean-lined, comfortable designs and its 'less is more' philosophy, despite the fact that simple designs aren't necessarily easy to produce. "But I believe that South African craftsmen have as much potential and skill as those in the rest of the world," says Leon.

Leon is inspired by European design trends and new technology – Ergoform is already in the process of building and testing desks that can charge wireless devices. Look out for their new ergonomic, wireless plug-and-play workstation with built-in lighting.

When he takes a break from his busy schedule, Leon goes for a weekly run on the Sea Point promenade. "The combination of fresh sea air and multicultural atmosphere is awesome."



LEON'S BEST...

SPACE is The Deli in Woodstock (1). "The cosmopolitan feel here is just great and the happy, energetic staff add to the vibe. On top of that, the food is a healthy mix of fantastic flavours."

HOLIDAY DESTINATION is the Tankwa Karoo National Park (2).

"You absorb energy from the complete silence and it clears the mind, readying you for the next leap."

ARTIST is his daughter Matty Roodt. "She has the ability to combine software and hardware technology with art techniques to create objects that reveal both the structure and the randomness of nature. This sculpture (3), called F[-FJ][FJ]+A (ii), was designed using algorithms, aluminium, ABS, enamel paint and found concrete."

STORE is Weylandts (4). "This is truly the South African furniture success story. The business model, product selection and brand building is an example to all of us."

ERGOFORM PIECE is the Bon Bon (5). "This versatile stool looks equally beautiful in domestic, office and hospitality environments." **GH**



SOURCES Ergoform ergoform.co.za Matty Roodt mattyroodt.co.za
Tankwa Karoo National Park sanparks.co.za The Deli 021 461 8056 or thedeliwoodstock.co.za Weylandts weylandts.co.za



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